

# THIS IS MY YEAR

... I promise

## JANUARY 6

### INTRODUCTION

The New Year is full of possibilities that fuel the potential for a better future. That's why we make resolutions . . . even though those resolutions often fall by the wayside. But there's something simple you can do to make the most of this year. It begins by looking past what you think is possible in your life to what God thinks is possible.

### DISCUSSION QUESTIONS

1. What is your New Year's resolution for this year? What's your plan for following through on that resolution?
2. Are you a dreamer or a realist? How does that tendency influence the way you view the year ahead?
3. Do you have a dream that seems out of reach? What would it look like for you to own a space in the land of possibility when it comes to that dream?
4. Is it difficult for you to believe that God sees potential in you that you can't see in yourself? Why or why not?
5. Read **Galatians 5:22-23**. Which item in that list feels weak or absent in your life? What does that weakness or absence cost you?
6. What is one thing you can do this week to begin growing the fruit of the Spirit you identified in the previous question? How can this group support you?

### MOVING FORWARD

What does God think is possible for you in the New Year? Pick one characteristic of the fruit of the Spirit to focus on this year. Imagine how your life and relationships will be different if you grow in that area throughout the year. Even if you believe that kind of growth isn't possible, your heavenly Father says it is. You can trust him.

### CHANGING YOUR MIND

*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Galatians 5:22-2*