



PART I

LET'S TALK ABOUT IT

On a scale of “Thank you, next” to “Please repeat,” how would you rate last year?

Which area of life needs a momentum boost this year?

Finances

Relationships

Career

Physical health

Spiritual health

What do you want to change about that area?

When have you seen the long-term benefit of small, consistent changes?

In the message, Jeff said, “God isn’t disappointed in you. He wants to help you.” How do you feel when you hear that?

Do you currently have a group of encouraging people, like a small group, in your life? If so, what’s the greatest benefit of that? If not, what’s holding you back?