



PART 1: Do This One Thing

INTRODUCTION

Many of us want this year to be better than last year. We start off with good intentions by making commitments to improve but we inevitably end up not following through. There has to be a better way, right? A *perfect* year may be impossible, but a *better* year is possible.

DISCUSSION QUESTIONS

1. There are two categories of people: goal setters and non-goal setters. Which one are you? How has this trait helped or harmed you?
2. We want this year to be better than last year. Pick one area of your life that you would like to be better in and describe what that part of your life looks like right now.
 - Financial
 - Relational
 - Physical
 - Career
 - Spiritual
3. Read 2 Corinthians 12:9–10.
 - Paul says he will “gladly boast about his weaknesses.” What’s the difference between just admitting your weaknesses and boasting about them? Why do you think Paul chose to boast instead of just admit them?
 - When was a time you realized you were living out of your own strength?
 - How does asking for God’s help actually make us stronger?
 - Paul ends with, “When I am weak, then I am strong.” In what ways can our weaknesses make us strong? Have you ever seen this truth at play in your life?
 - Following Jesus will make your life better and make you better at life. What would it look like for you to daily rely on Christ’s strength to help you navigate life’s circumstances?
4. In the area of life you previously chose, what is one step you can take in order to be consistent? How can our group help?

BETTER

MOVING FORWARD

When God's strength consistently meets our weaknesses, we grow. By admitting your weakness and asking God for help, this year can be better. Choose someone this week to talk to one-on-one about your area of weakness. Ask them to pray for you as you learn to rely on God's strength to help you.

WEEKLY READING

2 Corinthians 12:1-10