



Entering a New Season

Discussion Guide

The New Year brings excitement, regret, recommitments, and resolutions. Yet just hoping and planning to do more or to do better doesn't bring it to pass. To enter a fresh spiritual season and continue to mature, there are some things you must decide...and some things God will ask you to do.

What you will need: A Bible or your Bible app, a notebook, pen, and highlighter. The verses highlighted below are linked so that you can easily access them during your study time.

Jump Start

1. Name one New Year's Resolution you've made. Are you still going strong? If not, how long did you stay on track?
2. **What is God calling you to let go of?** Read [Matthew 4:18-20](#) and [Matthew 16:24-25](#). What did Jesus ask of these brothers? What did he tell His disciples was a requirement for following Him? Do you have any sense of what you need to let go, to drop? (Remember, it doesn't necessarily have to be a sinful thing to be out of God's will.)
3. **What is God calling you to let go of?** Read [Matthew 19:21-22](#). This is one example of a huge "ask" by Jesus to the young man who would follow Him. What would this mean in your life? Do you think Jesus would ask this of His disciples today? How so or not so? Would this be one of the most difficult things for you to relinquish? If not, what would be more impossible for you to let go?
4. **What is God calling you to pick up?** Read [Matthew 16:24](#) again. Read the last half of this verse again. Making a good change is as important as stopping an unhelpful habit or relationship. Have you ever "denied yourself" and not replaced that thing you put aside with a better option? Have you asked God what He is asking you to do in this new season?

TRY THIS

To make a real change, you must break it down into small changes. For example, to begin to regularly attend your early morning classes, what would you have to do? Go to bed on time, set

your alarm, possibly lay out your clothes for the next day, and have your classwork done and packed up. Any one of these small oversights could give you an excuse to skip. Try it now!

5. Do you know, or do you have an idea, what God is asking you to lay down?
6. Do you know what He is asking you to start doing?
7. List the small changes that He has impressed on your heart which will get you to that new purpose, and a new season of spiritual growth and closeness to Him.