



## Recipe for Success | December 30, 2015

### Discussion Guide

#### The Scoop

New Year's resolutions are always a mixed bag. Sometimes we pick something that sticks, but most of the time we pick a handful of things from a long list we want to change and start without much of a plan. There are people who can pick seemingly random stuff and throw it together when it comes to cooking, but when it comes to planning the next year, we need a recipe for success.

#### Key Verse

**Luke 14:28 (NLT)**

*But don't begin until you count the cost. For who would begin construction of a building without first calculating the cost to see if there is enough money to finish it? Otherwise, you might complete only the foundation before running out of money, and then everyone would laugh at you. They would say, "There's the person who started that building and couldn't afford to finish it!"*

#### Discussion

60% of New Year's resolutions fail within 6 months. The first step to a successful year is dreaming about what is most important to you. Jesus says before following him on should consider or "count the cost." The key to success in your next year is knowing why. Why is it important to you? How does it improve your life?

1. What is an example of a resolution you have started that failed or faded? Why do you think that is?
2. What are 2-3 goals you would like to achieve in the next year? Why?

The next step in having the best year ever is planning. Many times we just decided when we will start and ask questions later. If we stop long enough to plan, making sure we have the right ingredients, we can determine if the goal is worth it to us and we can set a plan for accomplishing it and seeing it through. This way the plans build toward the end goal rather than a make or break scenario.

3. What are the key steps to accomplishing one of the 2-3 goals you listed above?
4. What are the obstacles you will face in achieving these goals?

Now that you have attached the importance to the goal and have some steps set in the direction of accomplishing the goal consider bringing God along for the ride. God delights in the successes of his kids. The ultimate honor in having the best year ever is aligning our goals with God's.

5. How do you think God can be a part of your goals and why?

#### What's Next?

You have the ingredients and you know what it costs to both accomplish the goals and what it costs to not accomplish them. Write down your 2-3 goals and the steps to getting started and accomplishing them. Pray about them and keep God in the mix so that you can make this year the best year ever!