



2020 Vision: Faith | Jan 8, 2020

Discussion Guide

The Scoop

Do more, weigh less, make more money, etc....These are all the typical goals we set each year as we head into a new year. What would it look like if we started with faith goals?

Key Verses

Hebrews 11:1 (NLT)

Faith shows the reality of what we hope for; it is the evidence of things we cannot see.

Matthew 7:24-27 (NLT)

"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash."

Discussion

We love to celebrate over Christmas and enjoy some down time, but then when we hit the first days of a new year, we are ready to hit the ground running. We typically set goals around losing weight, making more money, and accomplish more things. There are countless things we can set goals around that benefit our lives, but the trick is sticking with them.

1. Share one of your New Year's resolution from years past. Did you stick with it or not?
2. As you look ahead to this year, what are some things on your mind that you want to be different for this year?

When we start with things that are task related, we usually have a huge surge in effort that soon fades. However, if we start with our faith foundation, asking, "Who do I want to be as a Christ-follower?", then we can build tasks around a bigger vision that brings us closer to who we want to be rather than just accomplishing tasks.

3. What does the best you from a faith perspective look like? What are the characteristics you want to describe you?
4. Based on these characteristics, how might that change some of your current goals? Would you add any to the list?

In Hebrews 11:1, the Bible talks about faith driving our realities, and in Matthew 7:24-27 Jesus talks about planning our lives with faith as the foundation so we can overcome any obstacles that come our way. If we start with goals that are attached to our identity in Christ, we have a higher likelihood of taking action, overcoming obstacles, and growing as a person. Ultimately, we continue to take steps toward being more like Jesus.

5. What is a goal you can set for the new year that is directly connected to your faith?
6. Do you have any other thoughts about connecting your regular life goals to your faith?

What's Next?

Before you take any new steps at cleaner eating, working out, crushing it at work, or spending less time on your phone; take a look at who you want to be on a deeper level. At the end of the year, who do you want to be closer to becoming? Then start your goal setting with faith related items and build off of that. If you succeed at anything succeed at engaging God more often and the rest will follow.

Stay tuned for a 5 Minute Faith Daily Journal template to help you stay engaged with your faith goals and keep the rest of your life aligned.