



ALL THINGS NEW

LEADER'S NOTES

Week 3: New

If you would like to begin your time with an icebreaker, I suggest asking your group a reflection question about 2025: What is one thing you're grateful for from the past year? Pick three words to describe 2025. Those are two of my favorites.

QUESTION 1

Question one is relatively straightforward and serves as an introduction to this discussion. The question eventually asks: Tell the story of the time when God made it very clear to you that you needed to change. How did you respond? I would suggest that you, as a group leader, go first, remembering that the group will follow your example. If you are open and vulnerable, they will also be.

QUESTION 2

Question two introduces the week's focus scripture. After reading these three verses aloud, please ensure that every group member shares something. Having each member speak early in the discussion makes it more likely they will all feel comfortable opening up as you continue. Let them know it's OK to repeat an idea someone else has shared, but they should give their comments a personal touch by explaining how the verses apply to them directly.

QUESTION 3

Question three narrows the focus to **2 Corinthians 4:18**. It culminates in a cluster question. A cluster question is a set of concise questions designed to be answered in sequence to open up the discussion. There are essentially three questions in this cluster sequence: Do you think a first step to change is to shift our focus to what is most important in life? To the things of God? Do you find it difficult to focus on the things that are truly eternal? How do you think someone shifts their focus?

Here are some thoughts that might aid your discussion.

Key Biblical Principles for Shifting Focus

- Look Up, Not Down: Set your mind on heavenly things where Christ is, not earthly distractions or struggles. **Col. 3:1-2**
- Fix Your Eyes on Jesus: Keep your gaze on Jesus, the author and perfecter of your faith, as He guides you forward. **Hebrews 12:2**
- Think on What's Good: Meditate on things that are true, noble, right, pure, lovely, admirable, excellent, or praiseworthy. **Philippians 4:8-9**
- Be Present: Don't be consumed by yesterday's troubles or tomorrow's worries; trust God to handle each day. **Matthew 6:34**
- Work for the Lord: Engage in good works God prepared for you, keeping busy for Him to avoid self-pity or worry. **Ephesians 2:10**

Practical Ways to Apply This

- Start with Scripture: Begin your day by reading and meditating on God's Word.
- Incorporate Worship: Use worship music to lift your heart and mind heavenward.
- Pray for Guidance: Ask God to direct your path and change your desires to align with His.
- Process Wisely: When facing challenges, ponder them in your heart like Mary did, seeking God's perspective rather than letting negativity take root.
- Choose Your Companions: Surround yourself with wise people and avoid those who lead you astray. **Proverbs 13:20**

QUESTION 4

Question four focuses on **2 Corinthians 4:16**. I consider this the most important question of the discussion, so please allow enough time for a relaxed group discussion, making sure there is ample opportunity to thoroughly discuss question four. This question emphasizes the importance of letting God renew us daily and highlights the idea that everyday choices, even small ones, can lead to genuine change. You might need to spend some time distinguishing between what the question refers to as big decisions and small decisions. A big decision could be simply described as choosing to change something significant, while small decisions reinforce the larger change through consistent action or a mindset that facilitates real transformation. This process is carried out through the Holy Spirit and with God's help.

At the very end of this question, I ask each group member to share one place where they feel change is necessary and what small decisions they would need to make to enable that change. I see this as a key moment in the discussion, so please, as the leader, be loving but firm in encouraging each member to share. Again, if you go first, it will set the example. I also suggest that you, as the group leader, take some notes and follow up on what is shared, perhaps by texting group members to see how they're doing with their goals. If someone is especially vulnerable, you might tell them after the group discussion how proud you are of them for sharing so openly.