

Sermon Discussion Questions  
New Year. New Dreams. New Resolve.  
Selected Passages  
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Discussion Questions:

1. What are some reasons why people struggle to keep New Year's resolutions?
2. Grit can be defined the following way: Courage and resolve; strength of character. Dr. Angela Lee Duckworth, in her 2013 TED Talk, defined grit as passion and perseverance for very long term goals. Is there an area of your life in which you would like to develop more grit? If so, please share.
3. Read Philippians 3:12-14. When Paul says "forgetting what lies behind," he's not saying that we are to obliterate the past. We can learn from the past. However, we must not live in the past and allow the past to prevent spiritual growth. What life lessons has God taught you from the previous year?
4. Setting goals for ourselves can be beneficial. To better help us reach our goals, they ought to be specific. For example, while it's noble to think "I want to read the Bible more in 2018," it's more effective to set a tangible goal such as, "My goal is to read through the entire Bible in 2018." Have you set any personal goals for 2018 in areas such spiritual, family, nutrition, fitness, etc.? If so, please share.