

The Week of:

Jan. 12, 2022

What's your life like:

Highs and Lows of the Holiday Break:

- Go around the room and have each student talk about the high point and low point of their holiday break.

What are we talking about this week:

Bible Verse

- Luke 14:28-30

Main Point of the Message

- What is waiting for you at the end of your year? If nothing changed from right now until the last day of the year, what kind of person would you become?

Discussion Questions

1. Did anyone make any goals for 2022? If so, what are they?
2. Has anyone already given up on some of their goals? No judgment.
3. Can you think of a time when you made goals with good intentions but without a plan? How did that go?
4. If nothing changed about your life right now, who would you be at the end of this year? Do you like that version of yourself? Are there things you'd like to change?
5. What are some healthy mind habits that you have?
6. How would you define your relationship with your phone/the internet?
7. What are some pre-decisions you want to make in 2022?

Now what:

CHANGE YOUR MIND AND PRE-DECIDE:

- This year will certainly have some good times and some challenge times, but before any of that comes your way, what are the 5 commitments you can make a pre-decision about? Make a list and display it somewhere you can see it and remind yourself every day.