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# NEW BEGINNINGS

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New Beginnings | 01.01-02.2022

**Grow Deep Conversation Questions:** Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90-minute group gathering.

**Message Recap:** The New Year comes with hopes and expectations, but we know these require intentionality on our part as well.

## » Opening

(3 minutes)

- Introductions - This is especially important if this is your first meeting and if there are new members.
- Housekeeping - Clarify expectations:
  - Remind your group that this is a confidential meeting.
  - **Remember, there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - Open your time together in prayer.

## » Introduction

(12 minutes)

- Ice-Breaker: What are some of your favorite New Year's Traditions?
- Digging Deeper: Have you ever made a New Year's Resolution that you stuck to? What was it? What contributed to your success?

## » Observation | Read Leviticus 23:23-25

(15 minutes)

- What are your initial reactions to this passage? What do you find challenging? Are you encouraged by any of these verses? Why?

## » Key Principle | Rest recovers us. Distractions destroy us.

(15 minutes)

- What are some of the destructive distractions that you see in your life or your family?
- How are these distractions pulling you away from the rest you need and the people who matter most to you?
- What new rhythms could help you realign your life and your family toward rest and recovery to be God-centered and put your family first?

## » Sacred Sabbath | Reread Leviticus 23:23-24

(15 minutes)

- How are you already experiencing the pull of pace?
- What could it look like for you and your family to really rest and spend intentional time together and with God?

## » Attention Offering | Reread Leviticus 23:35

(15 minutes)

- What are some ways that you might offer your attention to God in this new year?
- How can you intentionally limit the distractions that take your focus onto different things and realign it the way that God challenged the Jewish people to?

## » Next Steps and Prayer |

(15 minutes)

- As a family and/or with your group, what is a non-distracted gift you can give to your family or to those who are closest to you?
- Talk about what it would look like to make that gift something that becomes a regular part of your life.
- We know that we are better together and more successful when we are held accountable. Find someone in your life who can check in with you about the new rhythms you have committed to in the new year.
- Close by praying for each other to seek God's rest and to remain committed to new rhythms with God and with their families.