

This is My Year

Small Group Discussion

Guide: Week 1-Heart & Mind

Introduction:

Have you ever told yourself, “This is going to be my year”? Many of us start the new year out with goals, resolutions, and a list of things we will try to accomplish in the new year. However, many of us tend to fall back into the same old pattern of the previous year. Our resolutions fade into the background, we get back into our old habits, and quickly lose sight of the freshness of what the new year might bring.

We are in a series called, “THIS IS MY YEAR”, and we at Crossroads wants this to be a great year for you spiritually, mentally, financially, and a great year for you personally. This will not happen if we do not invest in some positive and healthy actions. I believe God has great plans in store for you and our church this year, and I want to see us Grow together.

To have true growth, it requires looking at and caring for all of our being. This month we will look at the 4 parts of our being, *Mind, Soul, Spirit, and Body*. The heart and mind are closely related so we will look at them together. Did you know the word *heart* is used over 700 times in the Bible so it must be an important aspect of who we are? The definition of heart is described this way: As the image and likeness of God, people are animated subjectively from the core and throughout their being by that primary faculty of thought, affection, and will which the **Bible** calls the “**heart**”.

If we are going to have a year that focuses on growing in healthy way, then we need to focus on God’s word as a mirror for ourselves to look at. Our theme verse for this series will be **Hebrews 4:12** which states, “*For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the **separation** of **soul** and **spirit, joints and marrow**. It is able to judge the **thoughts** and intentions of the **heart**.*”

If we are going to have a growing year, then we must grow in our knowledge of God’s word and commit to learning from His instruction.

This week will look at **1 Peter 2:1-12, & Romans 12:1-10,**

Read 1 Peter 2:1-12

Discussion Questions

Question 1: In verse 2 the Bible tells us to basically grow up in our salvation. What does grow up in your salvation mean?

- **Why is it important for us to mature into believers who know that word?**

Question 2: In verse 5 it says we are being built into a spiritual house to be a holy priesthood. What is Peter talking about here?

- **How are we being built up?**
- **Discuss what it means to be a royal priesthood/**

Think about this for a second, Peter is telling us that we are a spiritual house, and an offering as a spiritual sacrifice. What is he referring too? How do we live this out?

Question 3: In verse 9-10 Peter uses imagery to describe the Christian. He uses words like: a chosen people, a royal priesthood, a holy nation, God's special possession, and the "people of God". Why does Peter use these phrases to describe us?

- **Pastor Andy said this week in his message, that we need to stop listening to the lies we tell ourselves and what others say about us, and start acting like we are God's people. Do you believe God has a plan for you? How does the language Peter uses talk about us? Discuss how this can change your perspective about yourself.**
- **What do you need to stop doing or who do you need to stop listening too?**

Read Romans 12:1-21

Romans 12 & Peter are good instructions for the believer. What are some of the similarities of these passages?

Question 4: In verse 2, Paul tells us to not be conformed to this world but be transformed by the renewing of the mind, how do we renew our minds in a fallen world?

- **How are we transformed into the image of Christ?**
- **Discuss ways you have grown spiritually?**

- What does it mean to “not be conformed to this world”? How hard is this for us since we live in this world and are influenced by it? Discuss how we can be living sacrifices?
- What is God teaching you right now?

Pastor Andy said in his sermon this week, that we are to grow in our knowledge of God’s word, what are some practical ways you can do this in 2019?

In verses 9-21, Paul gives us some signs that we are maturing as a Christian. What are some of the things that stick out to you from these verses?

- Discuss which ones from the list are harder for you/ or where you need more work?

What is Paul trying to show us from this list? Remember our theme verse from Hebrews, “For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the **separation** of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart.”

- How is the Word of God living?
- How is it sharper than a double-edged sword?
- What is God telling you right now

Next Steps

1. Share one small “next step” that you feel God is calling you to take in the next 7 days.
2. Take action this week to write down ways you see God on display in your life.
3. Pray that God would put you in the path of someone where you can share your story with.
4. Make a plan to commit to a Bible reading plan.
5. WRING it out! Write something down, Read something, Inspire Someone, Network with others, and Grow.

Pray and Dismiss

