



## Week 1 Small Group: Soul Reset

### OPENING PRAYER:

Dear God, as we begin this new year, we have a fresh desire to reset our souls. Today we begin by remembering who we are in your eyes. May we hear the words of the scriptures come alive in our hearts, minds and spirits. May we build each other up and encourage each other. Amen.

### Quote

*"Solitude is listening to the voice who calls you the beloved. It is being alone with the one who says, 'You are my beloved, I want to be with you. Don't go running around, don't start to prove to everybody that you're beloved. You are already beloved'. That is what God says to us." Henri Nouwen*

### BREAKING THE ICE:

Introduce yourself to the group as your best friend would introduce you. How is this different than what you usually say about yourself?

### WRESTLING WITH THE WORD:

**Read** Luke 3:21-23

- What can you learn about Jesus from what the voice from heaven has to say about him?
- What does God affirm about Jesus in this passage?
- "Beloved" is used many times in the New Testament. It is used in the stories of Jesus' baptism and the transfiguration. How is this significant?

### NEXT STEPS:

- How have the holidays affirmed or challenged the way you see yourself?
- What do you find most challenging or hard to accept about the way God sees you?
- What ways does God name you as a beloved child?

### CLOSING PRAYER:

Gracious God, in baptism you call us beloved. Thank you for the opportunity to reset that identity in ourselves. Help us to go forth holding on to this new way of looking at ourselves. Now give us fresh eyes to see others as your beloved too. In Jesus' name, Amen.



## Week 2 Small Group: Reset Purpose

### OPENING PRAYER:

Dear God, we come into this time with the fresh desire to spend more time with you. We come seeking to better understand your purpose for us in this season. May we hear the word of the scriptures come alive in our hearts, minds and spirits. May we build each other up and encourage each other. Amen.

### Quote

*"Is prayer your steering wheel or your spare tire?" - Corrie ten Boom*

### BREAKING THE ICE:

What is your favorite way to spend your time off?

### WRESTLING WITH THE WORD:

**Read** Mark 1:32-39

- What are all the things that occurred when Jesus and the disciples arrived in Capernaum. What was the impact of these events?
- After such a full day, what is Jesus' response?

### NEXT STEPS:

- Was there ever a time where you understood what your purpose was for that season in life? Or when you did not understand your role?
- How did you get to that understanding or what got in the way of you understanding your purpose?
- What can you do this week to gain clarity on God's purpose for this season of your life?

### CLOSING PRAYER:

Gracious God, our days and nights are busy too. We easily become overwhelmed and weary. Too many times, we try to do it all without coming to you. Help us to go forth relying on you for our directions and for our respite. Let us reset our purpose not in how much we do, but instead choosing the right things to do for you. In Jesus' name, Amen.



## Week 3 Small Group: Reset Value

### OPENING PRAYER:

Dear God, we come with a desire to live by your Spirit and not our own. We come seeking to reset our values to align with your will. May we hear the word of the scriptures come alive in our hearts, minds and spirits. May we build each other up and encourage each other. Amen.

### Quote

*"Courage is a value. My faith is the organizing principle in my life, and what underpins my faith is courage and love, and so I have to be in the arena if I'm going to live in alignment with my values."* Brené Brown

### BREAKING THE ICE:

If you could change one personality trait in yourself, what would you change?

### WRESTLING WITH THE WORD:

Read Galatians 5:24-26, 6:1-10

- How would you describe each fruit listed here? How are the fruits of the spirit more than niceties?
- How does Paul apply the fruit to the churches in Galatia in Chapter 6?
- What characteristics should mark our relationships?

### NEXT STEPS:

- How do our values compare/contrast with God's values in this passage?
- How do you apply Galatians 6:2, "bear one another's burdens and in this way, you will fulfill the law of Christ"?
- What is one of God's values that you can live into this week and how will you do it?

### CLOSING PRAYER:

Gracious God, too often we live for ourselves and not for you and for others. Help us to be guided by your Spirit to reset our values so that we, too, are bearing fruit. Show us the way to live under your values, not our own values. Use our lives to serve those who desperately need your goodness and love. In Jesus' name, Amen.



## Week 4 Small Group: Reset Direction

### OPENING PRAYER:

Dear God, as we come into this new year, we are grateful for the opportunity to reset our direction. May we hear the word of the scriptures come alive in our hearts, minds and spirits. May we build each other up and encourage each other. In Jesus' name, Amen.

### Quote

*"I am preparing to hit the reset button." Anonymous*

### BREAKING THE ICE:

Lift the name of some people who have had a positive spiritual impact on your life. Why did they have such an impact on you?

### WRESTLING WITH THE WORD:

**Read** Acts 9:1-15

- What did Saul hope to achieve in Damascus? What did he achieve there?
- How did Saul's service to God get so off track from God's plan?
- In what ways did God offer Saul a new direction?

### NEXT STEPS:

- Have you ever found yourself thinking that you were serving God sincerely, only to discover that your sincerity was misplaced?
- When have you had to move in a new direction that contrasted with long standing habits, behaviors or beliefs?
- Whether or not you've made any New Year's resolutions, how does this week's scripture or the whole *Reset* series speak to you?

### CLOSING PRAYER:

Gracious God, as we close out our time of study together, we are grateful for the stories shared and the lessons learned. May your Spirit be with us as we go forth committed to remaining connected to you so that we may serve in a way that offers goodness and grace to others. Help us to remain on a path that brings you alone glory. Amen.