



# GROUPS

at 12STONE

## 1.1.2023 Conversation Guide

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### How To Have a Fresh Start

Often, the New Year comes with a time to assess the last year and set a vision for the next one. We reorganize our homes (and sometimes our whole lives), set upcoming goals, and see if we met the ones we set last year. It's a *fresh start*. This can also be a spiritual metaphor: Jesus' death and resurrection gives us an even more important fresh start. Jesus wipes our sinful slate clean and enables us to live a new life that looks like his.

#### Key Scripture | Psalm 39:4-7

Show me, Lord, my life's end  
and the number of my days;  
let me know how fleeting my life is.  
You have made my days a mere handbreadth;  
the span of my years is as nothing before you.  
Everyone is but a breath,  
even those who seem secure.  
Surely everyone goes around like a mere phantom;  
in vain they rush about, heaping up wealth  
without knowing whose it will finally be.  
But now, Lord, what do I look for?  
My hope is in you.

- Related Scriptures | Romans 3:23, 5:12; 1 John 1:8; 1 Peter 2:24, 3:18

#### Icebreakers:

Q: Do you enjoy decluttering/organizing your home?

## Discussion Questions:

### I. A fresh start is an opportunity to align your life with God's will

*Q: How does God want you to spend your fresh start with your family?*

*Q: How does God want you to spend your fresh start in your relationships?*

*Q: How does God want you to spend your fresh start at work?*

*Q: How does God want you to spend your fresh start with your health?*

*Q: How does God want you to spend your fresh start with your faith?*

## Get Practical:

**Pursue fresh starts.** Ask yourself the above questions—and give honest answers! The best way to start is to bring each question to God in prayer (“God, how do *you* want me to start fresh with my family?”).

## Resources (click the links below to access)

*Volunteer at 12Stone*

<https://12stone.com/volunteer/>

