



**Week 1 – Jesus, Reset My Heart**

1. Consider the following list and ask yourself the question: “What am I depending on or putting my faith in today?” (Check all that may apply.)
 

<input type="checkbox"/> My spouse	<input type="checkbox"/> The way things have always been	<input type="checkbox"/> My spiritual disciplines
<input type="checkbox"/> My bank account	<input type="checkbox"/> The way I wish things would be	<input type="checkbox"/> Something else
<input type="checkbox"/> My kids’ success	<input type="checkbox"/> People’s acceptance	<input type="checkbox"/> Someone else
<input type="checkbox"/> My job	<input type="checkbox"/> Approval from people	<input type="checkbox"/> Myself
<input type="checkbox"/> My success	<input type="checkbox"/> Avoiding the ‘bad stuff’	<input type="checkbox"/> Jesus
<input type="checkbox"/> The stock market		<input type="checkbox"/> God’s Word
<input type="checkbox"/> My Habit(s)		<input type="checkbox"/> “How well I am doing”
  
2. Psalm 24:3-4 (NLT) says, “Who may climb the mountain of the LORD? Who may stand in his holy place?”<sup>4</sup> Only those whose hands and hearts are pure, who do not worship idols and never tell lies.” How does this verse apply to the list in the previous question? How could things on this list qualify as idols?
  
3. How well is your daily approach to life working? What changes or adjustments to what you are depending on or trusting in do you need to make?
  
4. Jesus makes a pretty astounding statement in Mark 8:34-37 (NLT), “Then, calling the crowd to join his disciples, he said, “If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. <sup>35</sup> If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it. <sup>36</sup> And what do you benefit if you gain the whole world but lose your own soul? <sup>37</sup> Is anything worth more than your soul?” What is one way you have tried to ‘hang on to your life’?
  
5. Jesus said this in John 10:10-11(NLT),<sup>10</sup> *The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.*<sup>11</sup> *“I am the good shepherd. The good shepherd sacrifices his life for the sheep.* What area of your life, present challenge, obstacle, difficulty or setback would you most like Jesus to address? How would relying on Jesus (instead of yourself) make that area of your life more “rich and satisfying”?

Prayer: Thank God for his love for us and pray for each other based on your answers to question #5.



**Week 2 – Jesus, Reset My Mind**

1. What kinds of negative thoughts tend to plague you the most, and where do you think they come from?
 

<input type="checkbox"/> I'm not good enough	<input type="checkbox"/> I'll never be able to change.	<input type="checkbox"/> I'm not making a difference.
<input type="checkbox"/> I'm not smart enough	<input type="checkbox"/> My life is worthless	<input type="checkbox"/> I'll never make a difference.
<input type="checkbox"/> I'm not good looking enough	<input type="checkbox"/> Nobody cares about me.	<input type="checkbox"/> There is no point. No hope. No purpose.
<input type="checkbox"/> I'm not strong enough	<input type="checkbox"/> Nobody values me.	<input type="checkbox"/> _____
<input type="checkbox"/> I don't have what it takes	<input type="checkbox"/> I'll never measure up.	
<input type="checkbox"/> My life is pointless	<input type="checkbox"/> I'm a screw-up.	
  
2. How have you tried to silence those thoughts in the past? How did that work for you?
  
3. Psalm 27:4 (NLT) says, *"The one thing I ask of the LORD—the thing I seek most—is to live in the house of the LORD all the days of my life, delighting in the LORD's perfections and meditating in his Temple."* How can changing the focus of our thoughts (i.e. what we think about, how much time we spend thinking, and what we are actively seeking in our minds) make a difference?
  
4. Philippians 4:4-8 says, *<sup>4</sup>Always be full of joy in the Lord. I say it again—rejoice! <sup>5</sup>Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. <sup>6</sup>Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup>Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. <sup>8</sup>And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."* What does this passage have to say about 'resetting your mind'?
  
5. If God's Word could shine light into one area of darkness you face today or one area where you struggle to believe God's truth, what area would that be and why?

Prayer: Thank God for His Word pray for each other based on your answers to question #5.



### Week 3 – Jesus, Reset My Voice

1. Based on what you typically talk about in your day to day conversations, how would your acquaintances, friends and family members describe you? A tech geek? Sports fan? Movie buff? God girl? Talk radio addict? Passionate about politics? Something else?
2. Are you comfortable with this assessment? Why or Why not?
3. Psalm 71:15-16 (NLT) says, *“I will tell everyone about Your righteousness. All day long I will proclaim Your saving power, though I am not skilled with words. <sup>16</sup>I will praise Your mighty deeds, O Sovereign LORD. I will tell everyone that You alone are just.”* What does this verse say about letting Jesus control our words?
4. Recall your spiritual journey. Which people spoke words that had a spiritual impact in your life? A parent? Friend? Mentor? Coach? Pastor? Teacher? Neighbor? Relative?
5. What did they say and how did their words have an effect on your life, challenge you to take God seriously or encourage you to make spiritual changes?
6. How do you relate to the Apostle Paul when he writes this in 1 Corinthians 2:3-4, *“**I came to you in weakness—timid and trembling.** <sup>4</sup>And **my message and my preaching were very plain.** Rather than using clever and persuasive speeches, I relied only on the power of the Holy Spirit.”* What fears or insecurities keep you from speaking up for Jesus?
7. What is one relationship or friendship that you have right now that you think God might want you to make efforts to increase the spiritual conversation you initiate?

Prayer: Thank God for how He spoke the gospel to you through others. Then pray for the people you named in question #7 to be drawn to God and that you would have opportunities to initiate spiritual conversations.



### Week 4 – Jesus, Reset My Hands

1. Would you say that you are more likely to 'sit and wait' or to 'go and do'? What upside(s) and downside(s) to your approach have you discovered firsthand?
2. Scripture embraces both the 'sit and wait' and the 'go and do' mindsets, look up several scriptures in both lists. Then share about why the Bible states that both mindsets are important.

#### **Sit & Wait**

Proverbs 3:5-6  
Exodus 14:14  
Habakkuk 2:20  
Lamentations 3:25  
James 5:7-8  
Micah 7:7

#### **Go & Do**

Matthew 28:19  
Acts 1:8  
Romans 10:13-15  
James 2:17  
Galatians 6:2  
Luke 10:33-37

3. Galatians 5:13-14 (NLT) says, *“For you have been called to live in freedom, my brothers and sisters. But don’t use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. <sup>14</sup>For the whole law can be summed up in this one command: “Love your neighbor as yourself.”* What does this verse say about Jesus resetting our hands, our actions, our work?
4. Isaiah 40:31 (NLT) says, *“But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.”* Why is the truth in this verse important to apply as we use our hands, act and work for Jesus?
5. Which area do you most need to take a step forward in: Spending time with God personally to be spiritually empowered and refreshed OR Stepping out in faith to apply what you know, as God has called you to?

Prayer: Pray for each other based on your answers to question #5.