

Week 1:

# Starting Fresh Starts with Our *start fresh* Heart

## Questions

1. What illustration, story, or example stood out to you this week?
2. What is an area of your life that needs a fresh start?
3. Read Proverbs 3:5-6. Share a time not trusting in God and/or leaning on your own understanding led to "curvy" paths. How has trusting in God and leaning on HIM led to those paths being straightened?
4. Do you find it difficult to trust God with your whole heart? Why or why not?
5. Looking back to January 2023, how do you wish you would have leaned more into God and less on your own understanding? What difference could there be in January 2025 if you implemented those changes now?
6. Read Psalm 16. Pray for each person in your group, that as verse 11 says, God will show you the way of life.
7. What one practical step do you plan to implement from this week's message?

## Scripture References

Proverbs 4:23, Proverbs 3:5-6, Matthew 22:37, Psalm 16:8-11

## Takeaways

- Starting fresh starts with our heart.
- Trusting in the Lord with all our heart = straight paths for 2024
- What does it look like to have God making paths straight for us?
- How do we trust the Lord with all our heart?

We start fresh by:

- Opening up our whole heart to God.
- Deciding to lean on Him more than anything else.
- Involving God in every single choice of 2024.