

# I WISH I COULD

WEEK #1: WHY NEW YEAR'S RESOLUTIONS DON'T WORK, AND HOW 2022 (AND EVERY OTHER YEAR) CAN BE DIFFERENT.

## INTRODUCTION

I wish I could save money, get in shape, get organized, find a meaningful job, be a better parent, tell the truth, stop gossiping, move on, let go, read my Bible more, spend more time with family, forgive, get close to God, listen more, stop complaining, stop trying to please people, eat healthier, change. We all have things we wish we could change. The good news is, we can! We just need the right tools.

## DISCUSSION QUESTIONS

1. What was your biggest takeaway from the message, and why?
2. In this new year, 2022, what is in your blank? I wish I could \_\_\_\_\_?
3. Does the prospect of a new year excite you or overwhelm you? Why?
4. What do you think about new year's resolutions?
5. Have you ever thought about why new year's resolutions don't seem to work? How are you hoping 2022 will be different for you?
6. Pastor Mark said in his message that "a season of discipline seems to be the antidote to a season of excess." Referring to the way we often feel at the beginning of the new year, after the Christmas season. But seasons pass, along with our new year intentions. How have you seen this to be true in your life?
7. Pastor Mark challenged everyone to think about and answer two questions. Spend some time this week answering the following questions:
  - a. Who are you?
  - b. What needs to change?

## SCRIPTURES & QUOTES

Philippians 4:13 / Proverbs 16:3 / 2 Timothy 1:7.

*"The reason we have for trying to change is the reason we fail..SEASON! What do seasons do? They pass! What's the opposite of temporary seasons? Culture!"*

*"Culture is the internal settings with which we approach all problems or challenges."*