



# GREEN

This past Sunday, Pastor John preached a New Year's geared sermon. The key question he asked us was: What are we to be more of in 2016? This week's lesson will continue this process and help us to both identify what we want to be more of and how to grow towards becoming that.

## INTRODUCTION QUESTION

Have people share what some of their New Year's Resolutions are or, if they don't have any, to share about past resolutions.

## IDENTIFYING WHAT WE WANT TO BE MORE OF

Often times when we talk about New Year's Resolutions we focus on what we want to *do* more of. This past Sunday, Pastor John explained how what we *do* actually comes out of who we are. Therefore, he asked us to think about what we want to *be* more of as opposed to what we want to *do* more of. Give folks a couple minutes to engage with God and to come up with a few things that they want, or that they feel like God wants them, to *be* more of in 2016. Have people focus on identifying adjectives (e.g., loving, kind, determined, etc.).

## INTENTIONALLY GROWING

After having identified what people want to be more of in 2016, give them time to think through what it would practically look like to intentionally grow in those areas. Feel free to give people an extended time to do this (15-20 minutes) and to play worship music in the background. Encourage people to engage with God and to ask God for guidance in this. One good idea would be to ask God for relevant scripture passages. If people are having a hard time identifying relevant passages, you can point them towards Psalm 1:1-6 and Jeremiah 17:5-8, which are the passages Pastor John preached on this past Sunday.

## SMALL GROUPS

Break up into small groups of 3-4 to share with each other what people want to be more of and what it might look like to intentionally grow towards that. Make sure to take time to pray for each other in this too.