

Happy New Year, YTH Nation!
We're so excited to kick off 2024 together.

We believe God has big things in store for you! Gifts He wants to give you. Lessons He wants to teach you. Ways He wants to grow you. And we want you to be positioned to receive it all!

For the next three weeks, we're getting ready for all that's ahead by reflecting on our past, sharing about our present, and dreaming about our future.

First, we'll pause to reflect on where we've already been — because we're not starting this year from scratch. We're starting from what we've already learned. Remember all those spiritual disciplines we discovered? We're bringing those with us into the New Year.

Then, we're going to get honest about where we're really at. Does anybody else feel like they've come so far, yet still struggle so much? If so, welcome to the club.

And finally, we're going to look at what's next! And we're not just getting our hopes up for it — we're getting our hearts and minds ready for it, because the next version of you is built on the now version of you.

Ready?

Let's lean into these conversations during YTH Night and see what God does!

WEEK01 YOUR PAST

JANUARY 21



"When you have eaten and are satisfied, praise the LORD your God for the good land He has given you. Be careful that you do not forget the LORD your God, failing to observe His commands, His laws and His decrees that I am giving you this day. Otherwise, when you eat and are satisfied, when you build fine houses and settle down, and when your herds and flocks grow large and your silver and gold increase and all you have is multiplied, then your heart will become proud and you will forget the LORD your God, who brought you out of Egypt, out of the land of slavery!"
Deuteronomy 8:10-14

GROUP DISCUSSION

Think It Through (And Talk It Out)

1.1

It's a new year! But sometimes, before you can move forward, it's good to look back and celebrate how far you've come. What are some of your 2023 highlights (or highlights from this school year)?

Pro tip: Don't just talk about it. Write it down!

Did you have a word for 2023 — something you were believing God for or striving for? Looking back, how did that word help you grow or stretch you last year?

Psalms 77 is about God's people looking back and acknowledging how far they'd come. Read [Psalms 77:19-20](#). Why were God's people looking back? Why is it important for us to look back?

Reflection can help us grow, but it can be unhealthy if we do it the wrong way. What are some differences between healthy reflection and unhealthy reflection?

1.2

Last semester, we talked about spiritual disciplines — those daily habits that help us be transformed by Jesus. What were the spiritual disciplines we studied that were most helpful to you? (e.g., *reading God's Word, praying, worshipping, fasting, generosity, etc.*) How did they help you grow your faith? Which was the hardest to make a habit of? Why was it challenging?

Read [2 Corinthians 5:17](#). What "old things" have you seen pass away this past semester or year? How did they pass away? Was it natural, or did it take work (or discipline 😊)?

How did God provide for you in 2023?

What's something important you learned in 2023, whether about faith, your life, or yourself?

1.3

Read the following passages. What can you learn about the importance of reflection or how to reflect from these verses?

[Deuteronomy 8:10-14](#)

[1 Samuel 17:34-37](#)

[Psalms 103:1-5](#)

[Psalms 105:1-5](#)

[Joshua 4:1-7](#)

In the middle of a hard or unexpected situation, it can be tough to see God's plan or purpose. But looking back helps us see God's provision in our lives. When was a time that, in the moment, you didn't understand what God was doing, but looking back, you can see His faithfulness?

Think about everything God did this past year. Read [Ephesians 3:20-21](#). What are you believing or imagining He will do next?

THIS WEEK....

OPEN UP YOUR BIBLE



The Israelites developed a tradition of saying short prayers throughout their day to remember and reflect on all God had done for them. These prayers, called *berakhah* or *brakha* (bra-KHAH) in Hebrew, mean "blessing." This year, as you open your Bible, pause and praise God for His unchanging Word and His blessings.

[1 Thessalonians 5:16-18](#). Practice praying continually throughout your day. (e.g., in the morning — before your feet hit the floor — thank God for giving you breath in your lungs)

[2 Corinthians 5:17](#). In a journal, list a few things you've done in the past that both did and didn't honor God. Then write a prayer asking God to give you the strength to do things that bring honor and glory to Him.

[Psalms 77:11-13](#). By remembering God's help in the past, we gain the courage to keep moving forward. Reflect on some ways in the past God has helped you.

[Revelation 21:5](#). Where in your life do you see God making things new? Where do you need God to give you the courage to keep going?

[Lamentations 3:22-23](#). No matter how far we feel from God, His mercies never run out! Memorize these verses, and repeat them every morning so you don't forget God's faithfulness.

Recap and Reflect

Reflection takes practice! It's a spiritual discipline to give praise in all things. This week, as you've studied God's Word and spent time reflecting on the past year with your eGroup, practice writing a prayer of thanksgiving. How did the events that occurred in 2023 help you grow closer to God?

Walk It Out

Find an item (or make one!) that symbolizes something good God did for you in 2023. Set it up somewhere you'll see it each day so you can be reminded of how much God loves you, cares for you, and wants what's best for you (see [Joshua 4:1-7](#)).

WEEK02 YOUR PRESENT

JANUARY 28



"See if there is any offensive way in me,
and lead me in the way everlasting"
Psalms 139:24

GROUP DISCUSSION

Think It Through (And Talk It Out)

2.1

If you could pick one word to describe yourself right now (like how you feel and where you are in life), what would it be? (e.g., *blessed, uncertain, motivated, hopeful, etc.*)

Now choose a word you would hope people would use to describe you. Why did you choose that word?

Sometimes the way we hope others see us influences how we act. Pastor Steven once said, "God can't bless who you pretend to be." What does that mean? What are some ways this can be a struggle for teenagers?

Read [Psalms 139:23-24](#). In your own words, what do you think David is asking God to do here? How can involving God like this help us know ourselves better?

Knowing ourselves is critical to growth. But before we can progress, we've got to process. What do you need to process right now or from 2023 that will help you **progress** in 2024? (e.g., *I made some bad decisions recently because of peer pressure — that means I might need to seek healthier friendships in 2024.*)

2.2

What's something you're struggling with that you didn't think you'd still be struggling with now? (e.g., *anxiety, seeking approval, questions about faith, etc.*) On a scale of 1-10, how much does that frustrate you?

Why is it so hard to admit our struggles to ourselves and to others? Why is it important to do it anyway?

Read [Romans 12:3](#). What is the verse telling us? What does the phrase "sober judgment" mean to you?

Talk about the risks of thinking of yourself as "higher" or "lower" than you actually are. How are the risks different? Are there any ways they're similar?

Pastor Steven once said, "Don't get discouraged by the struggles you're facing right now — there's strength hidden there for you." What does it mean to find strength in a struggle? What strength could be hidden in a struggle for you?

2.3

When we're struggling with something, we've got to **know** where to **go**. Where's the first place you usually go? (e.g., *yourself, a friend, social media, God, a parent, etc.*) Why?

Look back at [Psalms 139:23-24](#) again. What about this passage encourages you to go to God first? Why do you think He wants us to come to Him first? What are the dangers of going to other places or people first?

What does it look like for you to "go to God"? How has the way you go to God changed over the years as you've gotten older?

Think back. What parts of your life do you wish you had involved God in more? How does that perspective encourage you for this year?

THIS WEEK...

OPEN UP YOUR BIBLE



Remember, before we progress, we've gotta process! Dive into these scriptures this week to help you process some things that will get you ready to move forward this year.

[Psalms 139:23-24](#). Highlight what stands out to you in these verses. Ask God to help you get better at letting Him show you where you can grow in your thoughts.

[Romans 12:3](#). Think about where you need more "sober judgment," and pray for God to give it to you.

[2 Kings 5](#). (Yes, the whole chapter!) Look at the mental journey Naaman went through in accepting his struggle before he finally received healing. Ask God to help you develop self-honesty.

[2 Corinthians 13:5-9 \(MSG\)](#). Thank God for the blessing of being able to test yourself and for the blessing of having Christ in you.

[Ephesians 4:22-24](#). Spend some time in prayer thanking God for the ways He has helped you "put off your old self."

Recap and Reflect

Last week, we looked back. Today, look around. It takes honesty to admit where you are and how you're really doing. Once you've got that down, taking steps to get where you want becomes MUCH easier. Reflect on where you are today — in this moment — in God's presence.

Walk It Out

Write down at least 10 words that you feel describe yourself — the "now" you. Hang on to this list, because it will come in handy for next week's action step!

WEEK03 YOUR FUTURE

FEBRUARY 4



"We all, with unveiled faces, are looking as in a mirror at the glory of the Lord and are being transformed into the same image from glory to glory; this is from the Lord who is the Spirit." 2 Corinthians 3:18

GROUP DISCUSSION

Think It Through (And Talk It Out)

3.1

What's your word for 2024? Why did you pick it?

Last week, we talked about who we are right now and the struggles we're facing. If you didn't change anything at all about your current habits/relationships/choices, where do you think you would be next year? How about three or five years from now? (Think about specific things: spiritually, relationally, etc.) Pro tip: Spend time writing your answers down before sharing them with the group.

Let's call that version of you "the next you." What battles or struggles could "the next you" face down the road because of what you're doing right now?

Read [2 Corinthians 3:18](#). Notice this verse says we are BEING transformed, not that we already are. Transformation is ongoing, and it takes time. Why is it so important that we know this? What are some ways you've already experienced transformation?

3.2

We know transformation takes time. The "next you" is who you would be if you didn't change anything you're doing right now. Now, talk about this: Where do you **want** to be next year? Three years? Five?

When you look back on 2024, what do you want to be able to say about yourself? (e.g., *how you grew, things you accomplished, opportunities you took, etc.*)

Read [Ephesians 2:10](#). Do you believe God has good works for you to do this year? Why or why not?

How can believing this verse change the way you approach your days this year?

3.3

We talked about the "now you" last week and just finished talking about the "next you." Let's talk about another version of you — the "new you." This is similar to the person you just described when you explained who you want to be in the future. The "new you" has embraced God's plans and is living for Him in every possible way. What are some steps you could take to become the "new you"?

When you think about living for God and being the "new you," what things about that are exciting? Are there any things that seem intimidating or impossible?

Why can we sometimes be unsure or hesitant to give God every area of our lives?

Read [James 1:22-25](#). What are some parts of the Word that are way easier to hear than to do? How does this passage challenge or encourage you to DO the "new you"?

THIS WEEK...

OPEN UP YOUR BIBLE



God has good plans for the new you. Spend some time in His Word preparing your heart and mind for what He might want to speak to you over the coming weeks.

[2 Corinthians 3:18](#). Highlight what stands out to you in this verse. Thank God that He is continually transforming you, and ask Him to help you welcome it.

[Ephesians 2:10](#). Thank God for the good works He has planned for you. Ask Him to help your eyes stay open to what He sends your way!

[James 1:22-25](#). Be a doer of the Word! Write down two or three things you want to be very intentional about doing this year that the Bible tells us to do.

[Galatians 6:7-8](#). Reflect on what you need to begin sowing in order to be transformed into the "new you."

[Matthew 6:33](#). Ask God to help you seek Him and His righteousness first this year. Trust Him with all the rest!

Recap and Reflect

We've been really intentional with what we've talked about so far this year to get ready for where we're going. Take some time to go over any notes, questions, or reflections you've written down over the past three weeks; next week, we'll start a new block of content aimed at helping us transform into new versions of ourselves!

Walk It Out

Remember those 10 words you wrote down last week that describe the "now you"? Get that list back out. Now, write down 10 words that describe the "new you" you want to be. Put them somewhere safe so you can reflect back on them in a few months to see how you're doing in your transformation!

EXTRAS FOR eGROUP LEADERS

Hey, Leaders! Let's not just get older this year — let's get better together! We know that growth doesn't happen by accident. It requires a level of intentionality.

We asked our team what resources helped them grow the most in 2023, both spiritually, personally, and professionally! The results? Well, we linked them for you below!

Check 'em out and let us know if they help you like they did us!

