



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

## ACTIVITY WEB OF REFLECTION

Reflection is a step that's often overlooked or forgotten! But it's important to take time to remember what we've learned and experienced so we don't forget all God has done for us.

Using a ball of yarn or string, construct a web of reflection. With your group standing or sitting in a circle, hang onto the end of the string, and toss the ball to someone across from you. Share something you've learned or are grateful for that happened in 2023 or this past school semester. See how big you can make your web!



### Think It Through (And Talk It Out)

Reflection is giving serious thought or consideration to something. Tonight, we want to reflect on our past. When you look back, what's something in your life you can't help but think about (e.g., *the day your little sibling was born, the day you made the team, a family trip, a holiday, etc.*)?

Let's take a moment and reflect back on last year. Did you have a word for 2023 — something you were believing God for or something you were striving for? Looking back, how did that word help you grow or stretch you last year?

Read [Deuteronomy 8:10-14](#). The Israelites were on the edge of the Promised Land after 40 years of wandering in the wilderness. Why did Moses encourage the Israelites to look back, give thanks, and praise God?

What did he say would happen if the Israelites did *not* look back and reflect? How could the same thing happen to us if we don't look back?

Just as Moses encouraged the Israelites to remember what God had done for them, can you think of a time when God carried you through a tough situation? How did the Lord help you? What did you learn from it?

Read [Psalms 103:1-5](#). What was David praising God for? What do you learn about the importance of reflection or how to reflect from these verses? (*David gives us a list of reasons to count our blessings in every situation.*)

Read [Ephesians 3:20-21](#). Think about everything God did this past year. 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

Write a prayer of thanksgiving to God like David did in Psalm 103. Thank Him for His faithfulness, the lessons you've learned, and how your faith has grown.



WEEK02

JANUARY 28

# YOUR PRESENT

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

## ACTIVITY

### TWO TRUTHS & A LIE

Each person in the group will tell three statements about themselves. Two of these statements will be true, and one will be a lie. The statements can be simple — hobbies, interests, or past experiences that make each person unique. The lie can be outrageous and wacky, or it can sound like a truth to make it harder for the group to guess.

One at a time, share your statements. The group has to guess which statements are true and which statement is the lie. You can keep score to see who correctly guesses the most lies, or just play for fun to get to know one another — it's up to your group.



### Think It Through (And Talk It Out)

Last week, we reflected on our past year. This week, we're talking about where we're really at right now. What's one high point from today? (*i.e., something great, exciting, or funny*) Low point?

Pastor Steven said, "God can't bless who you pretend to be." What does this mean? Why is it hard to be honest and talk about our struggles?

Read [Psalms 139:23-24](#). In this verse, David (the David who was a shepherd, killed Goliath, and was a king) is asking God to do something. What is it? Why do you think he asks this of God?

To grow, we have to identify where we're struggling and then take action. Where is an area you're struggling or thought you'd be better at by now? (*e.g., studying for tests instead of procrastinating, comparing yourself to others, controlling your temper, etc.*)

What's something you could start doing to help you grow or be better? Is there a discipline that would help you grow in that area? Is there someone you need to talk to who can help and support you?

Read [2 Corinthians 3:18](#). The second half of this verse says we "are being transformed" to be like Jesus. What does the word transform mean? How long do you think it takes for a person to be transformed?

Fun fact: The word "contemplate" in this verse means to reflect. That's what we were talking about last week — looking back and seeing God's faithfulness in our lives and reflecting on our growth and lessons learned!

Becoming like Jesus is a goal we will work toward our entire lives — transformation takes time! Growth is slow, and good things don't happen overnight. What are some ways you can encourage yourself and others when facing struggles?

## THIS WEEK...

## OPEN UP YOUR BIBLE



Get into God's presence this week as you take time to be honest with yourself about where you're struggling. Don't be discouraged by the struggles you're facing right now — there's strength hidden there for you (check out [this sermon](#) if you need some extra encouragement.)

[Romans 12:3](#). Think about an area where you need to think better thoughts (renew your mind). Pray for God to give you the strength to do it.

[2 Kings 5:1-14](#). Naaman had to admit he needed help before he could receive healing. Ask God to help you be honest with yourself and others.

[Philippians 4:6-9](#). Talk to God about where you are anxious or worried.

[Romans 5:3-5](#). How does this verse encourage you when you are struggling?

### 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 "present 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

## ACTIVITY PICTURE THIS

Grab a piece of paper and a pen (bonus points if you have markers or crayons) and set a timer for two minutes. Draw a picture of what you think your future will look like. It could be you in one year, you in five years, or you in 10 years! When the time is up, see if your group can guess what you drew, and then take turns explaining your picture.



### Think It Through (And Talk It Out)

What's your word for 2024? Why did you pick that word?  
How often do you think about your future? What's one phase of life you can't wait to get to (e.g., *driver's license, high school, college, etc.*)? Why that phase?

Read [Galatians 6:7-9](#). What you plant today is what shows up in your life tomorrow. This is why, to some degree, we don't have to guess about our futures. Your decisions create a trail. Think about your day-to-day life right now. What are three things you do daily? (e.g., *practice basketball, work with a math tutor, play video games, scroll on social, etc.*)

Now, if you keep prioritizing those three things every day, what will you be like in one year? (e.g., *faster, smarter, less connected with those around you, etc.*)

What's something you're sowing (or doing) right now that you know you'll be proud of next year? What's something you're doing that you know "future you" would thank you for stopping?

Read [James 1:22-25](#). What are these verses saying? How do we become who we're called to be?

The *next* version of you is being determined by the *now* version of you. Does that excite you or scare you? Why?

What's one thing you can commit to doing this week that you'll be proud of in the future? How can you make it part of your routine?

## THIS WEEK...

### OPEN UP YOUR BIBLE



One of the most powerful ways to transform your life from the inside out is spending time in God's Word. Each morning, pick a verse from this section to read before you start your day, and ask the Lord to speak to you — then be brave enough to apply what you learn!

[Ephesians 2:10](#). God has good things planned for you. How can you prepare today for the work He's prepared for you in the future?

[2 Corinthians 3:18](#). What are some ways you're changing to look more like Jesus?

[Philippians 1:3-6](#). How do these verses encourage you?

[Proverbs 16:3](#). What's one way you can commit your plans to the Lord today?

Read the book of [Ruth](#) (Don't worry — it's short!): How did Ruth's decision in chapter 1 to stay with Naomi change her future? Do you think the people you're choosing to hang around with are leading you to the future you want?

#### Recap and Reflect

What you're doing today determines where you end up tomorrow, and the *next* version of you is a result of the *now* version of you. Where are your habits leading you? How are your daily decisions transforming you? Take time to think about the person you're becoming. God has good plans for you and your future, and we're cheering you on every step of the way!

#### Walk It Out

Write down three things you want to accomplish this year and one skill you want to develop. Then, write down three character traits you want to grow in (e.g., *honesty, bravery, confidence, generosity, loyalty, etc.*). Now, what can you start doing today to move you in that direction?

# 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!

