

DO THE NEW YOU

CATALOG | HIGH SCHOOL EDITION

WHAT'S GOOD, ELEVATION YTH!

Welcome to a study that has the potential to change your life.

Yeah, that's a bold statement. But it's true.

For the next seven weeks, we're going to be walking through six mindsets from Pastor Steven's new book, *Do The New You*.

The shortest word in that title happens to be the most important: "Do."

The goal of this study isn't to read about what you could become or dream about the new you. The point is to change the way you think so you can change the way you live. It's not about dreaming — it's about doing.

While we encourage you to grab a copy of the book and check it out for yourself, you can also complete this entire study without turning a single page. But don't be afraid to challenge yourself to read the book. The results you're looking for might take some extra effort!

And, of course, this transformation won't happen overnight. Good things take time and hard work. But with God's help (and lots of grace along the way), you're capable of the work required to walk in all He has prepared for you.

It's time to do the new you, Elevation YTH.

Let's go!

DO THE NEW YOU

6 MINDSETS TO BECOME WHO YOU WERE CREATED TO BE

MINDSET 1: I'm not stuck unless I stop.

ACTION STEP: Commit to progress.

MINDSET 2: Christ is in me. I am enough.

ACTION STEP: Accept your Self.

MINDSET 3: With God there is always a way, and by faith I will find it.

ACTION STEP: Focus on possibility.

MINDSET 4: God is not against me, but he's in it with me, working through me, fighting for me.

ACTION STEP: Walk in confidence.

MINDSET 5: My joy is my job.

ACTION STEP: Own your emotions.

MINDSET 6: God has given me everything I need for the season I'm in.

ACTION STEP: Embrace your now.

Do The New You is a book study, and here's a pro tip for those looking to get the most out of the next seven weeks. (Are you ready for the tip? It's revolutionary.)

Read the book.

That's right. If you want to lean into these mindsets, start by opening the book. Even if you're not a "reader," challenge yourself. (Remember, leaders are readers... And you're a leader!)

Check out this reading plan to help you work your way through the study. And if reading really overwhelms you, consider checking out the audiobook.

But no matter what you do, don't skip eGroup, because it's about to be GOOD!

READING OUTLINE

INTRODUCTORY WEEK:

CHAPTER 1: THE (K)NEW YOU

WEEK ONE

Mindset #1 "I'm not stuck unless I stop."

Chapter 2. It's Not That Simple

Chapter 3. Don't Argue for Your Limitations

Chapter 4. Defy Your Default

Chapter 5. Do the Thing That You Would Do

WEEK TWO

Mindset #2 "Christ is in me. I am enough."

Chapter 6. More Than What You're Missing

Chapter 7. Tricks Are for Kids

Chapter 8. I Am What I Am

Chapter 9. Coming from Abundance

WEEK THREE

Mindset #3 "With God there's always a way, and by faith I will find it."

Chapter 10. Forward, Not Finished

Chapter 11. Now Move

Chapter 12. Weasel-Free Mentality

Chapter 13. What if This Succeeds?

WEEK FOUR

Mindset #4 "God is not against me, but he's in it with me, working through me, fighting for me."

Chapter 14. That Lizard Is Loud

Chapter 15. Don't Say That

Chapter 16. God Is Up to Something Upstream

Chapter 17. Make Peace with Your Strength

WEEK FIVE

Mindset #5 "My joy is my job."

Chapter 18. The Hard Work of Happiness

Chapter 19. Who's in Your Head?

Chapter 20. A Gr8ful Heart Is a Stable Heart

Chapter 21: Ugly Trust

WEEK SIX

Mindset #6 "God has given me everything I need for the season I'm in."

Chapter 22. Look to the Left

Chapter 23. Help Me Fail

Chapter 24. Found Fishing

Chapter 25. God Chose You . . . Will You?

Step by Step, Day by Day

INTRODUCTION

FEBRUARY 21

Do The New You: Introduction and Chapter 1



DO THE NEW YOU: TOP TWO

So many questions, so little time! If you can't make it through every question this week, just **MAKE SURE** you hit these two.

1. Read [Ephesians 4:22-24](#). In these verses, Paul talks about both the old self and new self. How would you define the old self and the new self?

2. In the book, Pastor Steven writes about six mindsets to become who you were created to be. Which mindset do you feel like you need the most right now?

Mindset 1: I'm not stuck unless I stop.

Mindset 2: Christ is in me. I am enough.

Mindset 3: With God there is always a way, and by faith I will find it.

Mindset 4: God is not against me, but he is in it with me, working through me, fighting for me.

Mindset 5: My joy is my job.

Mindset 6: God has given me everything I need for the season I'm in.

THINK IT THROUGH (AND TALK IT OUT)

1.1

This month, Pastor Steven released a book called *Do The New You*. What was the last book you read? What's your favorite book (besides the Bible ;))?

The entire church — both adults and youth — are reading and studying *Do The New You* together this semester. What do you know about the book? Based on the title, what do you think it will be about?

Pastor Steven said the purpose of *Do The New You* is “to help you align your mindset with God's vision for you so you can live the most authentic version of yourself.”

- How would you describe the phrase “God's vision” to a friend? What about the phrase “the most authentic version of yourself?”

- How might God's vision and your vision for your life differ?



TO MAKE MOST OF YOUR eGROUP TIME, WATCH THIS CLIP FROM 1:13:54 - 1:23:30.

1.2

Have you ever said the phrase “do you” or heard it used before? What does that phrase mean to you?

Do you think there is any danger in using this phrase?

God wants you to see who you are capable of being, not just who you've always been. How could “doing you” hold you back from becoming all God's created you to be?

What keeps you from seeing yourself the way God sees you?

Read [Ephesians 4:22-24](#). In these verses, Paul talks about both the old self and new self. How would you define the old self and the new self?

1.3

In the book, Pastor Steven writes about six mindsets to become who you were created to be. Which mindset do you feel like you need the most right now?

Mindset 1: I'm not stuck unless I stop.

Mindset 2: Christ is in me. I am enough.

Mindset 3: With God there is always a way, and by faith I will find it.

Mindset 4: God is not against me, but he is in it with me, working through me, fighting for me.

Mindset 5: My joy is my job.

Mindset 6: God has given me everything I need for the season I'm in.

Doing the new you is a series of (seemingly small) choices you make every day. What's something you can do today to take a step toward becoming who you want to be? (Remember those [one day wins](#) Pastor Steven recently talked about? What's a “one day win” you want to commit to?)

DO THE NEW YOU (WALK IT OUT)

Make the most of your 24 — the 24 hours you have each day. Commit to doing one thing that brings you closer to Jesus: opening up your Bible, praying for others, praising God through worship music, serving or doing outreach, starting a devotional, or beginning to read *Do The New You*. (Remember — progress is better than perfection!)

MINDSET ONE

FEBRUARY 28

Mindset 1: I'm not stuck unless I stop.
Do The New You: Chapters 2-5



TUNE IN FROM
1:58:36 - 2:02:55 TO GET A
BEHIND - THE -SCENES WORD
FROM PASTOR STEVEN

DO THE NEW YOU: TOP TWO

So many questions, so little time! If you can't make it through every question this week, just **MAKE SURE** you hit these two.

1. Read [Joshua 1:1-6](#). In this passage, God tells Joshua he is going to be the leader of the Israelites after the death of Moses. Joshua may not have seen himself as the one to lead the people — his default was second in command — but God did.

Where have you assumed “this is who I really am” and how is that conclusion keeping you stuck?

What are some other areas of your character, your attitude, or your actions where you need to defy your default, even if it feels a little awkward at first?

2. As we commit to progress and to do the next thing, Pastor Steven said to “move in the flow of the Holy Spirit” to keep moving forward. (*Do The New You*, page 54) What does that mean to you? How do you move in the flow of the Holy Spirit?

THINK IT THROUGH (AND TALK IT OUT)

2.1

Today, we're talking about Mindset 1: I'm not stuck unless I stop, and the action step is commit to progress. What does the phrase “I'm not stuck unless I stop” mean to you?

Where do you feel stuck in your life? What's something you've quit or something you've been tempted to quit?

Read [Hebrews 4:15-16](#). How do these verses give you hope for those situations where you feel stuck?

Pastor Steven said we can become loyal to our limitations. What's a limitation you think you've become loyal to in your life? Why?

Pastor Steven wrote, “The new you is aware of problems but committed to progress.” (*Do The New You*, page 30) How do you look beyond your limitations to the potential God placed inside of you?

2.2

“We don't always know who we are, even as we are becoming it: We don't know what we'll enjoy, what we could be good at, or what we could grow into.” (*Do The New You*, page 45) How does that quote encourage you to focus on the new you and not the future you?

On a scale of 1-10, how much pressure do you feel to “know” what you're going to do with the rest of your life?

What might God know about your potential that you're struggling to agree with?

Read [Joshua 1:1-6](#). In this passage, God tells Joshua he is going to be the leader of the Israelites after the death of Moses. Joshua may not have seen himself as the one to lead the people — his default was second in command — but God did.

Where have you assumed “this is who I really am” and how is that conclusion keeping you stuck?

What are some other areas of your character, your attitude, or your actions where you need to defy your default, even if it feels a little awkward at first?

2.3

Read [Ecclesiastes 4:11](#). What does this verse say about progress?

What limitation or obstacle is currently holding you back?

It's important for us to “do the thing THAT you would do” — meaning the thing that the new you would do. The you that you were created to become. What's one thing that you would do in the situation where you feel stuck?

As we commit to progress and to do the next thing, Pastor Steven said to “move in the flow of the Holy Spirit” to keep moving forward. (*Do The New You*, page 54) What does that mean to you? How do you move in the flow of the Holy Spirit?

MANAGE YOUR MEDITATIONS

I'm not stuck unless I stop. I'm committing to progress.

End your group by repeating the mindset, releasing any worries in prayer, and spending some time praising God for what He has done this week.

DO THE NEW YOU (WALK IT OUT)

What is one area where you would like to “commit to making progress” this week? What's one step you can take to move forward in that area?

MINDSET TWO

MARCH 6

Mindset 2: Christ is in me. I am enough.
Do The New You: Chapters 6-9



CHECK OUT THIS CLIP FROM
2:16:41 - 2:18:16 TO FIND OUT WHY
PASTOR STEVEN THINKS *THIS* IS THE
MOST FUNDATIONAL MINDSET IN THE
BOOK.

DO THE NEW YOU: TOP TWO

So many questions, so little time! If you can't make it through every question this week, just **MAKE SURE** you hit these two.

1. Read [Galatians 2:20](#). How can not knowing our identity in Christ cause us to believe lies? What are some of the dangers and problems that come with constantly trying to prove yourself?

2. Pastor Steven wrote, “You can come from abundance if you seek God’s priorities, rely on his presence, stay proactive by taking steps of faith, and remain patient in the process.” (*Do The New You*, page 97) What’s one way you can put on the mindset of abundance this week?

THINK IT THROUGH (AND TALK IT OUT)

3.1

Last week, we talked about Mindset 1: I’m not stuck unless I stop, and this week we’re moving to Mindset 2: Christ is in me. I am enough. What does that mindset mean to you?

Read the following passages and discuss how God provided more than enough for His people:

EXODUS 16:1-18

EXODUS 17:1-7

1 KINGS 17:2-6

JOHN 2:1-11

MATTHEW 17:24-27

JOHN 6:1-15

Where do you tend to feel like you’re not enough? (Remember, you’re not alone! Everyone battles thoughts of insecurity and insufficiency.)

How can you focus less on your lack and more on God’s abundance?

3.2

What does identity mean? What is a God-given identity?

How have you turned your insufficiency (that area where you feel like you’re not enough) into your identity?

Read [Galatians 2:20](#). How can not knowing our identity in Christ cause us to believe lies?

Pastor Steven wrote, “What’s been a lot harder for me than accepting Jesus is accepting Steven. Accepting Jesus took a moment; accepting me is taking a lifetime.” (*Do The New You*, page 78) What do you have a hard time accepting about yourself?

3.3

Read [Genesis 27:1-41](#). Like Jacob, where are you trying to PROVE yourself instead of BEING yourself? What are some of the dangers and problems that come with constantly trying to prove yourself?

What does the phrase “comparison steals contentment” mean? Do you agree or disagree with the statement?

What are some things you’ve been struggling to do that maybe you’re not called to do? Where do you need to stop comparing yourself to others so you can better walk in your calling?



WANT TO COME INTO YOUR
DAY FROM A PLACE OF
ABUNDANCE? CHECK OUT THIS
CLIP UNTIL **2:30:13**.

3.4

What does it mean to have a scarcity mindset? Where do you see this mindset show up in culture?

What does [Matthew 6:33](#) tell us our priorities should start with? Why is this important?

Pastor Steven wrote, “You can come from abundance if you seek God’s priorities, rely on his presence, stay proactive by taking steps of faith, and remain patient in the process.” (*Do The New You*, page 97) What’s one way you can put on the mindset of abundance this week?

MANAGE YOUR MEDITATIONS

Christ is in me. I am enough. I’m going to accept my Self.

End your group by repeating the mindset, releasing any worries in prayer, and spending some time praising God for what He has done this week.

DO THE NEW YOU (WALK IT OUT)

Write down a step you can take to “accept your Self” more this week.

MINDSET THREE

MARCH 13

Mindset 3: With God there's always a way, and by faith I will find it.
Do The New You: Chapters 10-13



WATCH THIS CLIP UNTIL
2:11:16 TO KICK OFF YOUR
eGROUP CONVERSATION.

DO THE NEW YOU: TOP TWO

So many questions, so little time! If you can't make it through every question this week, just **MAKE SURE** you hit these two.

1. "With God there's always a way" doesn't mean that with God you'll always get your way. What's the difference between those two statements? (Read Matthew 26:39 and Psalms 23:4 for two examples of this.)

2. "Often the seed of tomorrow's success is hiding within today's failure." (*Do The New You*, page 134)

What's something you tried and failed? What did you learn?

What's something you tried that succeeded?

What's something new you are trying?

THINK IT THROUGH (AND TALK IT OUT)

4.1

Mindset 3: With God there's always a way, and by faith I will find it. What does this third mindset mean to you?

Read [*Proverbs 16:9*](#). Have you ever had a plan for yourself but God had a different path prepared for you?

"With God there's always a way" doesn't mean that with God you'll always get your way. What's the difference between those two statements? (Read Matthew 26:39 and Psalms 23:4 for two examples of this.)

4.2

Finding a way means moving forward by faith. Take a few minutes to write down where you feel stuck.

"What is the next thing, the new thing, the now thing that I need to do?" (*Do The New You*, page 113) Now, use this question to give yourself a simple action step for moving forward. Take a few minutes to write down the next, new, and now things you could do to move forward.

Read [*Deuteronomy 34:1-12*](#). Reread verse eight again. In the story of Moses and the Israelites, mourning needed to give way to movement. "They had to go from No Mo to Now Move." (*Do The New You*, page 118) What do you think would've happened if the Israelites stayed stuck in their mourning? What do you think could happen if you stay stuck where you're struggling right now? How does this motivate you to "now move"?

What's an example of a time in the past when fear tried to stop you from doing something, but you pushed through? How did it turn out?

What's a situation in your life where you need to move from "It's over now," to "It's over. Now..."? (*Do The New You*, page 120)



TUNE IN UNTIL **2:34:42** IF
YOU'VE EVER FELT TOO FAR
GONE

4.3

Leviticus 11 is a passage about the food the Israelites could eat — clean food — and food they couldn't eat — unclean food. The weasel was one of the unclean animals that couldn't be eaten (verse 29). But read [*Leviticus 11:37*](#) for the exception to the unclean food rule.

Seeds represent possibility, but Pastor Steven wrote, "Sometimes, though, it can seem like a weasel came into your life and dropped dead on top of your seed. It tried to contaminate your dreams, your confidence, your joy, your relationships." (*Do The New You*, page 125)

What weasels are you fighting right now? What's something that's trying to steal what God has spoken over you or what He's placed in your heart?

"But seeds never die. And weasels always lie." (*Do The New You*, page 126) What's a seed you have? What weasels do you need to be on the lookout for?

4.4

"Often the seed of tomorrow's success is hiding within today's failure." (*Do The New You*, page 134)

What's something you tried and failed? What did you learn?

What's something you tried that succeeded?

What's something new you are trying?

Read [*Ecclesiastes 11:6*](#). We can't tell what something is going to be when it's in seed form. What would you steward differently if you believed eventually God would turn it into something greater than you could imagine?

MANAGE YOUR MEDITATIONS

With God there's always a way, and by faith I will find it. I will focus on possibility.

End your group by repeating the mindset, releasing any worries in prayer, and spending some time praising God for what He has done this week.

DO THE NEW YOU (WALK IT OUT)

Write down one area where you would like to "focus on possibility" this week. Be intentional. When you catch yourself worrying, decide to dream instead about all God could do.

Note: Next Week is Rhythm Night (March 20) and that's where we'll be discussing mindset number four. Bring your notebook (and your eGroup) so you can keep flowing in this study.

MINDSET FOUR

MARCH 20

Mindset 4: God is not against me, but he's in it with me,
working through me, fighting for me.

Do The New You: Chapters 14-17

It's Rhythm Night week in the YTH Nation and that's where we'll be learning about Mindset #4!

We asked Pastor Steven which mindset he thought would be the most beneficial for a teenager to master and he said Mindset #4 (check out his answer [here](#))! So, this isn't the week to skip Rhythm Night — the mindset you need is being unpacked!

Bring your notebook (and your eGroup) on March 20 so you can keep flowing in this study.

MINDSET FIVE

MARCH 27

Mindset 5: My joy is my job.
Do The New You: Chapters 18-21



LISTEN UNTIL **2:43:00** TO
HEAR PASTOR STEVEN TALK
ABOUT MINDSET 5.

DO THE NEW YOU: TOP TWO

So many questions, so little time! If you can't make it through every question this week, just **MAKE SURE** you hit these two.

1. Read [Ephesians 4:22](#). "Feelings aren't meant to be followed. They're meant to be conditioned and conformed to the image of Christ." (*Do The New You*, page 203) What does this verse tell us about the things we feel?

2. In the book, Pastor Steven shared a quick exercise he practices to remind himself that every good thing he has comes from God's hand. It's called GR8FUL, and you list eight things you're grateful for, as fast as you can. What are you GR8FUL for right now? GO!

THINK IT THROUGH (AND TALK IT OUT)

Review the following mindsets with your group before jumping into this week's discussion on Mindset 5:

Mindset 1: I'm not stuck unless I stop. (Action: Commit to progress.)

Mindset 2: Christ is in me. I am enough. (Action: Accept your Self.)

Mindset 3: With God there's always a way, and by faith I will find it. (Action: Focus on possibility.)

Mindset 4: God is not against me, but he's in it with me, working through me, fighting for me. (Action: Walk in confidence.)

5.1

We're over halfway through discovering who we were created to be! Today's mindset is, "My joy is my job." What does this mindset mean to you?

If someone had to describe you using only one feeling or emotion, what do you think they would say?

How much control do you think we really have over our emotions?

5.2

Why is it important to acknowledge our feelings?

Sometimes we make our problems worse by listening to the wrong voices. What's the first place or person you go to for advice? Is it a helpful voice?

Read [Ephesians 4:22](#). "Feelings aren't meant to be followed. They're meant to be conditioned and conformed to the image of Christ." (*Do The New You*, page 203) What does this verse tell us about the things we feel?

What's a situation you're facing right now where you're feeling something but it's not joy? (e.g., discouragement, anger, jealousy, sadness, grief, etc.) Here's a pro tip from Pastor Steven's book you can apply to that situation and those feelings:

Notice your thoughts, reactions, feelings, fears, and desires.

Evaluate what you noticed and ask, "Is this desire good or bad? Is this action right or wrong? Is this decision wise or unwise?" Compare it to what God says about you and in His Word.

Walk in faith and courage — the "you" you are meant to be.

5.3

Pastor Steven wrote, "If your sense of well-being depends on something external, it's a setup for instability." (*Do The New You*, page 217) What external things do you tend to rely on for security (e.g., friends, money, grades, etc.)?

Read [Colossians 2:6-7](#). What would it look like to overflow with thankfulness? What do you think you're overflowing with right now?

In the book, Pastor Steven shared a quick exercise he practices to remind himself that every good thing he has comes from God's hand. It's called GR8FUL, and you list eight things you're grateful for, as fast as you can. What are you GR8FUL for right now? GO!

MANAGE YOUR MEDITATIONS

My joy is my job. I will own my emotions.

End your group by repeating the mindset, releasing any worries in prayer, and spending some time praising God for what He has done this week.

DO THE NEW YOU (WALK IT OUT)

Write down one area where you would like to "own your emotions" this week. Keep it in front of you (e.g., next to your bed, in your locker, on your phone's lock screen, etc.) and each time you look at it, pray and ask God to help you choose joy.

MINDSET SIX

APRIL 3

Mindset 6: God has given me everything I need for the season I'm in.
Do The New You: Chapter 22 – Conclusion



IF YOU WANT TO UPDATE YOUR THINKING, WATCH THIS UNTIL 1:55:43

DO THE NEW YOU: TOP TWO

So many questions, so little time! If you can't make it through every question this week, just **MAKE SURE** you hit these two.

1. Read [Ephesians 1:4](#). God chose you, but you have to choose yourself. What does it mean to choose yourself? Why don't we do this more? What challenges get in the way?
2. Pastor Steven wrote, "And side by side, there is my old self and my new self. The old me and the new me. The me I've always known, and the me God knew since the foundation of the world." (*Do The New You*, page 277) Now that you've learned these mindsets, what comes to mind when you think of the new you? How will you embrace that version of yourself this week?

THINK IT THROUGH (AND TALK IT OUT)

Review the following mindsets with your group before jumping into this week's discussion on Mindset 6:

- Mindset 1: I'm not stuck unless I stop. (Action: Commit to progress.)
- Mindset 2: Christ is in me. I am enough. (Action: Accept your Self.)
- Mindset 3: With God there's always a way, and by faith I will find it. (Action: Focus on possibility.)
- Mindset 4: God is not against me, but he's in it with me, working through me, fighting for me. (Action: Walk in confidence.)
- Mindset 5: My joy is my job. (Action: Own your emotions.)

6.1

You've made it to the final week of our study! Just one more mindset to go, so let's get started with Mindset 6: God has given me everything I need for the season I'm in. What does this mindset mean to you?

Describe the season you are in. Where do you feel like you don't have what you need?

"Destiny is often hidden in your difference." (*Do The New You*, page 251) Where (or how) do you feel different?

Read [2 Corinthians 12:9](#). Sometimes "different" feels like weakness. Where does this feel true in your life and where do you need to step out even if you don't feel strong?



LAST CLIP BEST CLIP! WATCH IT UNTIL 1:44:26 TO LEARN A POWERFUL SECRET TO SUCCESS. (AND DON'T FORGET TO WATCH THE ENTIRE PODCAST FROM START TO FINISH IF YOU HAVEN'T ALREADY!)

6.2

On a scale of 1-10, how afraid are you of failure?

When was a time you failed but learned something from it?

Read [Proverbs 24:16](#). How does this verse strengthen your faith when it comes to failure?

Pastor Steven said to "be more committed to progress than perfection." (*Do The New You*, page 263) Where in your life can you apply this?

6.3

Read the story of Peter fishing in [John 21:1-17](#). Peter went fishing after the resurrection of Jesus — he put himself in the closest place where he had felt God before. What can you learn from Peter's example?

As you think about the areas where you've struggled or failed, what would it look like for you to be "found fishing" like Peter? Where do you go to draw closer to God? What do you do to reset your perspective and find peace?

6.4

Read [Ephesians 1:4](#). God chose you, but you have to choose yourself. What does it mean to choose yourself? Why don't we do this more? What challenges get in the way?

Being chosen by God doesn't give you permission to continue in bad habits, but it gives power to overcome them because God knows you and chose you. Which of the following mindsets has been most helpful to you? Why?

- Mindset 1: I'm not stuck unless I stop. (Action: Commit to progress.)
- Mindset 2: Christ is in me. I am enough. (Action: Accept your Self.)
- Mindset 3: With God there's always a way, and by faith I will find it. (Action: Focus on possibility.)
- Mindset 4: God is not against me, but he is in it with me, working through me, fighting for me. (Action: Walk in confidence.)
- Mindset 5: My joy is my job. (Action: Own your emotions.)
- Mindset 6: God has given me everything I need for the season I'm in. (Action: Embrace your now.)

Pastor Steven wrote, "And side by side, there is my old self and my new self. The old me and the new me. The me I've always known, and the me God knew since the foundation of the world." (*Do The New You*, page 277) Now that you've learned these mindsets, what comes to mind when you think of the new you? How will you embrace that version of yourself this week?

MANAGE YOUR MEDITATIONS

God has given me everything I need for the season I'm in. I will embrace my now.

End your group by repeating the mindset, releasing any worries in prayer, and spending some time praising God for what He has done over the last seven weeks.

DO THE NEW YOU (WALK IT OUT)

Write down one way you can better "embrace your now" this week. Set a reminder on your phone every day to do the new you.

EXTRAS FOR EGROUPEADERS

EXTRAS FOR EGROUPEADERS

Our Pastor once said, “Deep is doing.” We know sometimes it’s easier to read another book or listen to another sermon than it is to live out the last thing God taught us. So, rather than rush into more resources, we want to encourage you to live in this study — to practice what you’re learning.

With that in mind, if you’re looking for something to meditate on while you drive to work, take a walk, or fold that mountain of laundry check out these sermons from Pastor Steven. From Ballantyne to the Basin, God has been using him to teach us how to become the best versions of ourselves.

