



## MESSAGE REVIEW

As we begin 2021, New Year's resolutions and goal setting abound. It can be easy to get discouraged as you look across the canyon of "where I am" to "where I want to be." But by changing your habits, and focusing on small, daily improvements, you can literally change your life. Start with who you are and then move on to what to do and how.

In lieu of a message study this week, please consider the following suggestions for a first of the New Year group time:

- 1 January is the perfect time to recast vision with your group. Establishing group values and/or writing a group covenant are great ways to call group members to a new level of commitment. Our JumpStart curriculum (week 1 in particular) provides an avenue to do this if you haven't used it already!
- 2 Review the Healthy Group Essentials together and ask members to grade the group in each of the four areas mentioned. Have them share suggestions to improve and move the group into the green.
- 3 Get together with group members one-on-one. Some conversations happen more easily in this type of environment, opening doors for deeper connections and levels of authenticity with the group as a whole.
- 4 Highlight and discuss one or more of our Daily Bible Readings still being written for Week 1 of Atomic Habits.