



How to have Your Best Year Yet! Part 1 *It's Up to You!*

Message to Conversation Guide

Discussion Questions

1. Discuss the concept that having a good year does not depend on circumstances, people, event or even the weather. In the end having a good year depends on how we mentally and emotionally approach the new year.
2. Every year has a mixture of good and bad. There are some good things that will happen to us this year as well as some challenges. Read and discuss the verses below that convey that some trouble in our lives is just part of the human experience.

Job 5:7

7 Yet man is born to trouble
as surely as sparks fly upward. NIV, 2011

Ps 34:19

19 The righteous person may have many troubles,
but the Lord delivers him from them all; NIV, 2011

3. It is very possible this year that we will have some prayers answered that we have been waiting to be answered. Discuss Zechariah's story of waiting to his prayer for a son to be answered - he had virtually given up, yet God answered the prayer.

Luke 1:13-14

13 But the angel said to him: "Do not be afraid, Zechariah; your prayer has been heard. Your wife Elizabeth will bear you a son, and you are to call him John. 14 He will be a joy and delight to you, and many will rejoice because of his birth, NIV, 2011

4. Discuss the principle that delayed answer to prayer is not because God is inefficient but that he is Lord over the perfect timing of everything.

"God is too good to be unkind and He is too wise to be mistaken. And when we cannot trace His hand, we must trust His heart." — Charles Spurgeon

5. The key to a great year is not circumstances but our attitude and commitment to rejoice in the Lord no matter what. How do the verses below confirm that rejoicing is not situation based but God based?

Phil 4:4

4 Rejoice in the Lord always. I will say it again: Rejoice! NIV, 20

Hab 3:17-18

17 Though the fig tree does not bud
and there are no grapes on the vines,
though the olive crop fails
and the fields produce no food,
though there are no sheep in the pen
and no cattle in the stalls,

18 yet I will rejoice in the Lord,
I will be joyful in God my Savior. NIV, 2011

6. What does it mean that Biblical “rejoicing” is not condition based but proactive based?
7. We can never control the what happens around us. However, we can control our attitude inside of us. Discuss this key statement below:

Having a great year is not based on what happens around me but the attitude that I have in me.

8. Life is always a mixture of good and bad; bitter and sweet and that which is encouraging and discouraging. How does the verse below that there is always good things that accompany us in life as well as challenges?

Ps 23:6

6 Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever. NIV, 2011

9. Generally speaking, complaining almost 100% of the time makes you feel worse after you finish complaining while rejoicing makes you feel better. Why do you think this is the case?

“Complaining is bad for your mood, your brain, your listener, and even your body, according to a boatload of scientific research.” Jessica Stillman

10. Discuss the list of things below that we can rejoice about.

- How far the Lord has brought you. **Phil. 1:6**
- God having an ongoing and reliable plan for your life. **Jeremiah 29:11**
- Your salvation - your biggest problem has been completely solved. **2 Cor. 5:19**
- The good things and the many blessings in our lives. **Psalms 23:6**
- The prayers God is still yet to answer. **Phil. 4:6-7, Luke 1:13-14**