

Tim Doremus  
Start Fresh

## TALK IT OVER

### Key Scriptures

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*  
Matthew 11:28-30 NIV

*In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. And God said, "Let there be light," and there was light. God saw that the light was good, and he separated the light from the darkness. God called the light "day," and the darkness he called "night." And there was evening, and there was morning—the first day.*  
Genesis 1:1-5 NIV

*So God created mankind in his own image, in the image of God he created them; male and female he created them. ... God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.*  
Genesis 1:27, 31 NIV

*As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased."*  
Matthew 3:16-17 NIV

Find this in the Life.Church app.

Open the app, choose this message, then tap "Talk It Over."

Start talking. Find a conversation starter for your group.

- Do you normally set New Year's resolutions? If so, what's one goal you have for 2023?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- Read **Matthew 11:28-30**. In what areas of your life do you feel like you could use some rest?
- What does rest usually look like in your life? How could you build more rest into your daily, weekly, and seasonal rhythms?

Start sharing. Choose a question to create openness.

- Share some of the things God has already done for you.
- Practically, what would it look like to focus more on the goodness of God and what He's done in order to find rest and start fresh?

Start praying. Be bold and pray with power.

*Father, thank You for the endless ways You've provided and cared for us. It's easy to believe that we need to do more and work harder to earn Your approval. But Your Word says, because of what You've done, we're already enough. Help us to live from this truth so we can truly start fresh. In Jesus' name, amen.*

Start doing. Commit to a step and live it out this week.

- [Think about some of the ways you find rest. Incorporate focusing on the goodness of God during your times of rest this week and see how it shifts your experience.](#)
- Start the *Prayers for a Fresh Start* Bible Plan using Plans With Friends: [www.go2.lc/freshstart](http://www.go2.lc/freshstart)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.