



## Halftime: Midyear Adjustments That Make A Big Difference

Remember January? You probably had some changes you wanted to make this year, plans to make progress towards goals, which— if you're like most of us— have probably not been perfectly implemented over the past six months. But just because your plan hasn't gone perfectly, doesn't mean the game is over. If we look at the calendar, it's actually only halftime; it's not too late to finish strong. But to do so, it's important to spend some time reflecting, refueling, assessing, and adjusting.

### Start Talking

What's the craziest comeback you've ever seen (in sports— individual game or career— business, etc)? What's the craziest comeback you've ever been a part of?

Did you ever manage to "save" your grade in the final stretch of an academic term? What happened?

If you could shift your daily work schedule and obligations two hours in either direction, would you prefer to start earlier or later?

### Looking Back

1. Overall, how did you do this past week in the fight to keep indifference out of the driver's seat?
2. Did love motivate you to have any important— if uncomfortable— conversations? Without betraying any sensitive details, how did they go?
3. After several weeks of focusing on the toxic emotions that often hijack our lives, what all has changed about your weekly behavior or routine?



## What About You?

1. Does the notion that the year is halfway over make you feel good or bad? Why?
2. Putting aside the reality of what has happened this year, what had you hoped for in terms of personal progress and spiritual growth when you looked ahead this past January?
3. Let's have your most honest appraisal: How has the year gone in light of those hopes?
4. If there was a disparity between what you hoped for, and what has happened, where do you think the breakdown between intention and action occurred? Why do you think the plan for the first half failed?

## Look It Up

*Read the Following Passages: Hebrews 11: 1–12, Hebrew 12:1–3.*

1. What role do you think faith plays in accomplishing goals, growing spiritually, or experiencing positive change?
2. What do you take from the list of “witnesses,” examples of faithful figures from the past that the writer lists?
3. The writer here says that Jesus endured the cross in anticipation of “the joy set before him.” What do you take that phrase to mean?
4. This writer talks about “throwing off” sin in order to better run a race. What images does that bring to mind for you?

## Putting It All Together

2. What habit do you need to change? What habit is hindering you?
3. What would active steps to change that habit look like over the next few days?
4. What thought is entangling you? How can you adjust it?
5. How can you avoid falling into the trap these thoughts represent this coming week?
6. What joy could these changes bring you if you sustained them until the end of the year?
7. How can you fix your eyes on Jesus today? What does that look like as tangible behavior?

