

RESOLVED

NEW YEAR START

Weekly Guide: January 26-Feb 2

Reading for the Week:

- 1/27: Proverbs 25
- 1/28: Proverbs 26
- 1/29: Proverbs 27-28
- 1/30: Proverbs 29-30
- 1/31: Proverbs 31

Important Takeaways from Sunday:

- Look at Hosea 10:10-12 and Galatians 6:7-10. This is always true: *we reap what we sow*. How do you often deceive yourself into not believing this principle?
- While it is true that we reap what we sow, *we don't reap when we sow*. There is a distance between reaping and sowing. Often, we sow sin but we don't reap the consequences right away, so we are lulled into a belief that there are no consequences. But the Bible is clear, we will reap what we have sown. On the flip side, this can be very encouraging. Sometimes we grow weary in doing good because we don't see the fruit. But this principle should encourage us that if we sow righteousness, we will reap the reward (Galatians 6:10). How does this encourage/challenge you with how you are living now?
- Israel had made a mess of their lives yet God through Hosea was calling them back to himself. If they would return, God would show them mercy. We have an even greater message of mercy as Jesus has come to forgive us and heal us of the mess we have made of our lives. He not only forgives us but also gives us His Spirit to help us sow righteousness. How does this encourage you? How do you need to repent?
- **Personal Application:** When you survey your life, what unhealthy/sinful habits exist in your life? How are you sowing in ways that hinder your relationship with God? What habits do you need to say no to? What new and good habits do you need to start?

Questions for personal reflection as you read the Bible this week:

- What are you learning/what is God teaching you as you read?
- What questions do you have?
- What are you learning about God? Yourself? Sin?
- What does this teach you about your need for Jesus?
- What are ways that you can apply what you are reading?
- How do these verses call you to love God and love others?

Church-Wide Resolutions for 2020

1. *Read the Bible daily*
2. *Share the Gospel (the news about Jesus) with at least one person*
3. *Grow in holiness by saying no to one thing that is hindering your relationship with God (this could be a sinful habit but it could also be something that is not necessarily bad in itself but is hindering you from running hard after God).*

Saying No

What is the one thing that is really hindering your relationship with God? What habit is unhealthy? If we will change in 2020 we must change our habits. Here are a few common issues that could be hindering you and some resources to help you:

- Porn: get the App “Covenant Eyes”
- Greed (spending too much, not giving much, etc): *Total Money Makeover* by Ramsey or *Sex and Money* by Paul Tripp
- Self-centeredness (too focused on yourself and not enough on others): *Side by Side* by Ed Welch
- Phones (many of us spend way too much time on our phones): *12 Ways Your Phone is Changing You* by Tony Reinke
- Hurry (hurry is the great enemy of spiritual growth in our day): *The Ruthless Elimination of Hurry* by John Mark Comer
- Social Media (some of us spend way too much time here and are affected way too much by it): *The Happiness Effect* by Freitas
- Binge watching tv/movies or obsession with sports: give up a certain amount of time and devote that to reading your Bible or a good book (there are good books in the foyer) or spend more time with people

For Group Leaders:

- Discuss the guide above focusing on what people learned Sunday (go through some of the takeaways), what God is teaching them through His Word (go through some of the questions), and what habit are they needing to say no to this year that is hindering their relationship with Jesus.
- Spend time praying for each other’s growth this year and for the growth of others at EPIC.
- Focal text for this week. Read Proverbs 27.
 - **What does the text say?** Make as many observations as you can. Are there any repeated themes you notice in the various Proverbs? Proverbs is filled with stark and descriptive imagery. Discuss the imagery that is used in different Proverbs in this chapter. What questions do you have? How do these individual Proverbs relate to the purpose of Proverbs and people growing to revere God more (go back to Proverbs 1 if you need to)?
 - **What does the text mean?** Take a few individual Proverbs and put the meaning into your own words. How do these Proverbs display our foolishness and sinfulness? How do these Proverbs point us to Jesus and what he did for us on the cross?

- **How do I/we apply this passage?** How can I/we apply these various Proverbs? Are there any that are especially applicable?
- **Close in prayer**
 - What can I praise God for?
 - What sins should I confess?
 - What requests do I have after hearing God's Word?