

ROCKPOINT — CHURCH —

“How Are We Starting 2023?”

So often people tend to set New Year’s Resolutions at the beginning of the New Year. There is something about the beginning that tends to spark thoughts in us about what we want to do differently in the new year. We can tend to see our flaws, acknowledge our weaknesses, and want to find ways to change ourselves. In this week’s message we talk about the reality of New Year’s Resolutions, and take time to reflect on the idea that we don’t have what it takes to truly change, and the solution Christianity offers us instead.

1. Statistically 90% of New Year’s resolutions fail. Why do you think that is?
2. Did you set New Year's Resolutions? Why or why not?

Romans 8:3 says: “The law of Moses was unable to save us because of the weakness of our sinful nature.”

In a sense when we create New Year’s Resolutions we are trying to create a type of law for ourselves that we think can save or change us but Christianity teaches that laws can’t save or change us because of our sinful human nature, only Jesus can save us.

4. Do you truly believe that you have what it takes to change yourself? Why or why not?

Read Romans 8:3-4 and Galatians 2:16, 19-20

5. Are you hard on yourself when you fail at the goals you set for yourself?
6. What do these verses say about the grace Christ extends you?
7. In what ways can leaning on Christ give you freedom from striving to change yourself?

Galatians 2:21 says: “I do not treat the grace of God as meaningless. For if keeping the law could make us right with God, then there was no need for Christ to die.”

8. What foundation are you entering this year on? Your own effort, or the foundation Jesus has invited you to stand on?

9. What step do you need to take to surrender this year to Jesus? How can this group support you in this step?

John 15:4-5 says: “Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.”
Will you surrender to Jesus, His grace, forgiveness and strength to help you do what only He can do this year?