

## Saying No to God Week 1

### Main Idea

When you say no to God, you end up eventually saying yes to the wrong things.

### Starter

Share something important you said “yes” or “no” to that you regret. What would be different if you answered the other way?

### Discuss

Have everyone take the following spiritual health assessment with this QR code. The survey takes about five minutes and the results are emailed to you (check your spam). As you take the survey, try to pay attention to 1-2 areas that are particularly convicting to you as growth areas.



Which of the five marks are you strongest and weakest in? Does that sound right to you?

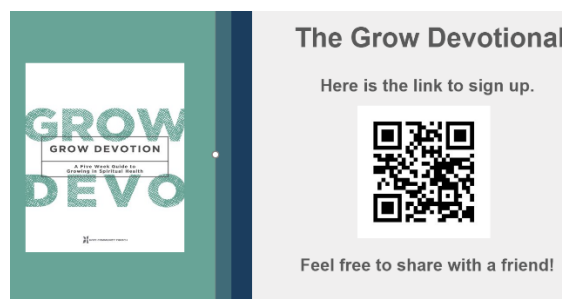
### Read & Apply

Have someone read [Matthew 6:25-34](#) and discuss:

- What is one truth from this passage that is encouraging or challenging to you?
- What would it look like for you to say “yes” to what God has for you this year?
- How do you think your group can make more of a difference in Jesus’ mission together?

Use the guide on the following page to help you begin to make a growth plan together.

- Begin to set a calendar of studies, social, and mission opportunities. This will be a process! Don’t feel pressure to finish it as a group this week. Begin the conversation.
- Share the GROW devotional with your group as a guide to growing spiritual health to start the year.



- Spend time praying for your group to grow together in new ways this year.

## Small Group Growth Plan: Winter-Spring Season

Start off the New Year by leading your group to make a plan to grow together.

### Choose a discussion option

- Discuss which Biblical discussion option would be best to help your group grow:
  - **Message Based Curriculum, The GROW Devotional, or an alternate Bible study.**
  - Feel free to just plan one study at a time and then decide what is next.

### Outline a calendar through May

- Decide on a rhythm of social and mission activities outside your group time.
- Discuss how you can utilize Hope events to grow together and reach others.

### Share responsibility

- Discuss who can take responsibility for the various aspects of the group:
  - Group discussion- leading group discussion and prayer
  - Social connection- planning “socials” to connect outside the group
  - Service and mission- organizing serve or outreach opportunities for the group
  - Hospitality- welcome, providing snacks, and follow up with new people

### Who’s your one?

- Have everyone pray about inviting one person to be part of your group’s rhythm.

### Our Group’s Calendar

Begin to outline your group’s plan through May. \*Future sermon series names and length are subject to change, but we want to give you the themes so you can plan for your group.

	<b>My Group’s Rhythm</b>	<b>Hope Events and Sermon Series</b>
January- February	Study 1 _____ Socials _____ Mission _____	<b>Series 1: Saying No to God (4 weeks)</b> Jan 29: Next Level Parent Conference <b>Series 2: Serving Series (4 weeks)</b>
March- Easter	Study 2 _____ Socials _____ Mission _____  *What can your group do to reach others for Easter this year?	<b>Series 3: 1 Peter Series (5-7 weeks)</b> March 17-20: Men’s Weekend March 25-27: Women’s Weekend April 17: Easter <b>Series 4: Tough Questions Series</b>
Easter- Memorial Day	Study 3 _____ Socials _____ Mission _____	May 18: Man Night May 25: Women’s Night