

## Fresh Start Week 1

### Message Based Curriculum

#### Opening

- Begin with a brief welcome and prayer to set the tone for the group time.
- Introduce the theme: Seeking God for a fresh start in life by examining Nehemiah Chapter 1.

---

#### Discussion Questions

##### 1. How do you feel about New Years Resolutions?

- Do you have any resolutions this year?
- Why do you think most people don't see their NY resolutions through?

**This week, Jason shared 4 action steps we can take from Nehemiah 1 to help us experience a fresh start with God.** As a group, read **Nehemiah 1:5-11** and then discuss the following questions surrounding each of the action steps.

##### 1. Take Inventory:

- Taking inventory is ultimately about honestly assessing your life and recognizing areas that need a change. Why is this sometimes easy to do, and why can it be challenging at times?
- When are you most likely to evaluate your life and take inventory?

##### 2. Brokenness:

- Nehemiah's response to the report was weeping, mourning, fasting, and praying. How do you respond when confronted with brokenness in your life or community?
- How is the type of brokenness we see in Nehemiah a good thing?

##### 3. Turn to God in Prayer:

- What do you notice about Nehemiah's prayer? (Reread verses 5-11 if you need a refresher). How is it similar or different from how you typically pray?
- Why is prayer necessary for a fresh start?

##### 4. Take Action:

- Not only did Nehemiah pray, but he took action. How do faith and action go hand in hand?
- Is there a step of faith you feel God is calling you to take for a fresh start in your life, family, or community?
- As a group, is there anything we can do to help hold one another accountable?

---

#### Prayer Time

- Either break into pairs or smaller groups or as a group share and pray for one another.
  - **Pray for the areas where we need a fresh start.**
  - **Pray for humility and boldness to take action.**

- **Pray for unity and growth as a church family and as a small group.** : Ask God to help you surrender any areas where you are holding back from fully following Jesus.
- **Pray for Boldness:** That each person would boldly embrace the gospel and live it out in their daily lives.
- **Pray for Baptisms:** If anyone has not been baptized, pray for clarity and boldness to take this next step of faith.

---

### **Closing**

- Remind your group that throughout this entire series, we'll be focusing on the book of Nehemiah. Encourage them to revisit each chapter every week or consider doing a reading plan through the book of Nehemiah together. Here's a link to one you might consider: <https://www.bible.com/reading-plans/495-restart-stepping-out-in-faith/day/1>