



Week #3 Introduction

Most of us start our year hoping to make changes, to get better, or to improve in a given area. We want to grow, but we often fall short of our goals in a matter of weeks. Why? Why can't we keep our resolutions? Why can't we reach those goals that we know will make us happier and healthier? Too often we believe that we must do it alone. That, "If it is to be, it's up to ME". But what if that's not the case? What if it's up to WE?

Discussion Questions

1. We often start our year resolving to start doing something we think we should be doing, or stop doing something we think we shouldn't be doing. Do you make new years resolutions? Have you ever kept a new years resolution? What are some of your most memorable resolutions that you have either kept or broken?
2. "For every success we have in life, somebody else is involved. Somebody or some-bodies played a crucial role." Do you agree with this statement? Why or why not? Can you give an example of a success from your life where no one else was involved in helping you succeed?
3. Read **Proverbs 13:20**
 - What does it look like to *walk* with the wise? Give some examples.
 - Who are "the wise" in your life? In what ways do they or have they influenced you?
4. The second half of **Proverbs 13:20** states that, "but a companion of fools suffers harm." What are some ways that you have seen this principle of negative influence play out in your life or the lives of others?
5. In **2 Corinthians 6:14** Paul brings up the idea of being yoked with others. Yoking is a good thing when those who are yoked together are moving in the same direction at the same pace. What are some examples of the ways we are relationally yoked to, or connected to others? Have you ever been yoked to someone who was not going in the same direction as you were or wanted to go? What was the outcome of that relationship?
6. If we want to end this year in a better place than it started, we need to intentionally surround ourselves with people who are going the same direction; because we know that the people we surround ourselves with will determine the direction and quality of our lives. What is one area of your life that you want to improve or grow in? Who will you surround yourself with, or yoke yourself to, in order to help you grow in that area?

Moving Forward

We are not the only ones filling up our lives. We achieve more together. If we want to improve, if we want to grow, then we must walk with the wise. We must be yoked relationally to those who are moving in the same direction that we want to grow. Henry Cloud says, "*Ask many people about their greatest accomplishments and challenges overcome, and you will find one thing in common: there was someone on the other end who made it possible.*" Who are you partnering with to grow? Who is influencing you? Who are you influencing? Let's make this year our best yet by getting better together.