



Better

Part 1: *Do this one thing.*

Big Idea

Better is greater than perfect.

Key Scriptures

- **Matthew 6:33**
 - **Ephesians 5:25-27**
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Discussion Questions

- Goal-setter or not? If you had to pick one, which one are you and why?
- If last year was the title of a movie or TV series, what would you call it, and why?
- Where do you feel the most pressure in life to be “perfect” right now? Home, work, online, faith, parenting, finances, something else?
- The message asked, “How was last year?” before talking about having a better year this year. If you had to describe last year in **three words**, what would they be and why?
- The big idea was that your heavenly Father actually wants this year to be better than last year, not in a fake “perfect” way, but in a real way. What do you think “a better year” would actually look like for you?

- If you could only pick one area of your life to be better by the end of this year (finances, relationships, physical healthy, career or work, spiritual life) which one would you choose?
 - **Read John 10:10**
 - When you hear Jesus say he came so that people could have “life to the full,” what do you picture? Does it line up with how you think about follow Jesus now? Why or why not?
 - **Read 2 Corinthians 12:9-10.**
 - What phrase or word stands out to you the most and why?
 - The message introduced the “consistency effect.” Can you think of a positive example in your own life where a small habit, done consistently, made a big difference over time?
 - Where do you personally feel the drop-off between starting strong and staying consistent?
 - Paul says that when he is weak he is strong. Why do you think most of us are uncomfortable with using the word “weakness” about ourselves?
 - Only if you are comfortable: What is one area of weakness, limitation, or struggle where you would love to experience more of God’s strength this year?
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Challenge Question (For Takeaway):

This week, try praying one simple prayer each morning:

Lord, I need you. Please give me strength for today.