

New Year: Jesus at the Center

Week 4: New Year—Same Junk

Key Scripture

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

2 Corinthians 4:16

Main Takeaway

The New Testament gives us a much better way of looking at our lives than seeking constant improvement or progress. Rather, our lives are about daily renewal and the application of grace. As such, daily life becomes about staying connected to the One who can bring about such daily renewal and grace, the only source of healing for a difficult life on this side of heaven where we may experience New Life, but struggle with the same junk.

Start Talking:

Have you ever given up on something or someone?

Start Praying:

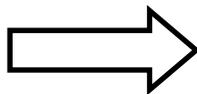
Dear Jesus, Refresh us. Renew Us. Every day. Help us to see each day as a chance to be connected to you and to receive your healing no matter what we are struggling with and how many times we have struggled with it. Amen

Start Studying:

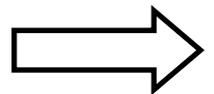
1. Read the key scripture in the left margin.
2. What do you think it means to outwardly waste away? What do you think it means to inwardly be renewed day by day?
3. Read 2 Corinthians 4:7-18. Does reading the whole passage change or add to your answers to the previous questions? How so?

Start Applying:

1. So often we think of our lives in terms of progress (Remember Pilgrim's Progress?). Sometimes this is true. Most of the time it is daily renewal and daily healing in Jesus, or "grace being applied more and more". Progress is better looked at in terms of healing which can have ebb and flow, seasons, and moments.
2. Where in your life have you been sucked into the trap of "progress" or "improvement" and been stuck in a cycle of shame, guilt, effort, failure, contempt for self (or the converse: shame, guilt, effort, pride, contempt for others)?
3. Read Romans 7:18-19
4. What is one sign that you are living a life in the Holy Spirit? (It is somewhat surprising)
5. In what ways is all of this comforting? In what ways is it freeing?
6. What will the focus be if the point isn't to "be/do better"?



Fill out Biblical Equipping



Finish in Prayer:

Heavenly Father, time spent in your word is always comforting and uplifting. I am aware that everything here on earth is temporary. May we all be reminded of this each and every day. Looking forward to eternal life with You in heaven. We ask this in Your name, Lord. Amen

NOTES

BIBLICAL EQUIPPING

The Bible passage I will focus on is:

The part of this passage that caught my attention is:

I will apply this passage to my life by:

Before next meeting, the impact God had on me through this verse was: