

1. How do you usually deal with, or handle, the end of the holidays and the New Year? Three basic ways were mentioned on Sunday:
  - You either attack the new year headlong with a list of resolutions OR
  - you deny and act as if the holidays are still in full swing, OR
  - you surrender, feeling nothing will change the wrongs of the past and that things will basically be more of the same.Which one are you, and what are some specific things you do that reveal that?
2. Many New Year resolutions revolve around reading the Bible, but the Bible is not a self-help book or a "Three Easy Steps to Happiness" manual. The Bible is about Jesus. Aside from the Gospels, where do you see this to be true?
3. Read Psalm 42. This is a very familiar passage from the Bible, but what does it say to you about who you are (in your relationship with God), and God's love for you?
4. This Psalm was not written by King David, but by an anonymous worship leader—someone obviously struggling with life and faith. The worship leader (talking to himself) reminds himself what God has done in the past. Does it help you to remember what God has done (or has let happen) in the past? Why or why not?
5. George quoted Martin Lloyd-Jones who said, "*We must talk to ourselves instead of letting 'ourselves' talk to us.*" Do you find this to be true in your life? What good things have you experienced by having a (healthy) talk with yourself? How can things turn destructive when we start letting 'ourselves' do the talking?
6. Read Hebrews 11:1. This tells us we need to hope in God, not in our circumstances. Where (in the past year) have you seen God to be faithful? Does that give you a stronger faith and hope in the New Year?
7. One of the best things we can do (to take the focus off our worries and ourselves) is praise God. What does it look like to you when you praise God? What are some good steps you can take to put yourself in a better place to praise God?