

BETTER

INTRODUCTION

Many of us want this year to be better than last year. We start off with good intentions by making a commitment to improve but inevitably end up not following through. There's got to be a better way, right? A perfect year may be impossible. But a better year is possible.

PART 1

VIDEO NOTES

Buck opened the message with a question: How was your 2019? Do you believe that it's possible for 2020 to be better than 2019?

Better is possible. Why?

Jesus says, *"I came that they may have life and have it abundantly."* (John 10:10, ESV) If we believe that God is for us and that He loves us, it stands to reason that He wants better for us.

Following Jesus will make your life better and make you better at life.

One way we can get better is by being consistent.

The Consistency Effect
Small consistent deposits
over time lead to **better** things.

LET'S TALK ABOUT IT

1. How was 2019 for you? What were some of the highs and lows you experienced?
2. We want this year to be better than last year.
 - a. What is one area of your life that you would like to be better in this year (i.e. finances, relationships, physical health, career, spiritual health, etc).
 - b. Describe what this part of your life looks like right now and what you'd like it to look like in the future.
3. Read Ephesians 5:15-17 together. Buck talked about seeing old pictures and it brought back memories of how he hadn't prioritized the meaningful. Have you had experiences like that? How can you use that to inform our future decisions? What could help you remember to take every opportunity to be wise with your time?
4. What is your biggest obstacle to making small deposits?
5. What tangible things are you willing to do about these obstacles? What can our group do to support you in this?

THIS WEEK

Ask a trusted friend or family member what area of your life they believe you might most benefit from making small consistent deposits. Reflect:

- Does this match with where I feel God prompting me to aim for better?
- What are the long-term benefits of choosing to make small deposits in this area over the course of this year?
- What are the long-term consequences of not choosing to make small deposits in this area over the course of this year?
- Write down how you will make these deposits. Put them in a prominent place so you will be reminded often.
- Remember, it's not about **perfection**, but about **progress**.

"Be very careful, then, how you live – not as unwise, but as wise, making the most of every opportunity, because the days are evil. Therefore, do not be foolish, but understand what the Lord's will is."

Ephesians 5:15-17