

# BETTER

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## INTRODUCTION

Have you experienced “*the pull*?” At the beginning of the year, we start with great intentions, determined to stay the course to better our life, but along the way we find ourselves falling back into the places and behaviors we intended to avoid. Somehow our commitments and convictions just aren't able to help us on their own. There's a missing ingredient that is necessary if we're going to stay on the right track.

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## PART 4

### VIDEO NOTES

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For 20 years, Buck has struggled with his physical health. He's had convictions. He's had commitment. And yet, 20 years later, he still has the struggle. This week, he labeled the struggle, *The Pull*. *The Pull* pulls him back to prioritize everything *besides* his convictions and commitments. No matter what aspect of our life we are trying to make better this year — from physical health to relational health, we, too, will experience the pull back to our old ways.

So if conviction and commitment aren't enough, what is the missing piece that will truly help us get *better*? It's called *connection*. We need people to stand on the other side of us, tell us the truth, and encourage us to continue to resist the pull and move in a new direction.

**Convictions.**  
**Commitment.**  
**Connected.**

### LET'S TALK ABOUT IT

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1. Share about a time when you were really committed to doing something, but in spite of your commitment and conviction, you didn't do it (diet, budget, devotions, exercise, etc.).

2. How does has connection with other believers helped you keep your commitments and convictions?
3. How has the original Greek meaning of “encourage” in Hebrews 3:12-13 expanded your previous definition of what “encourage” has meant in your life? (For reference, the Greek meaning has this definition: to urge, exhort, confront, spur, to Irritate into action into something better.)
4. Have you ever had crystal clear clarity into someone else's poor decisions? Did you say anything? Has anyone ever pulled you aside when you were about to make a poor decision? What impact did that have on you?
5. In what areas of your life would you like to be encouraged?
6. How can we encourage one another in this group?

## THIS WEEK

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1. Spend some time reflecting on these questions:
  - a. Who do you allow access into your life?
  - b. Who has permission to pull you back on course when you drift?
  - c. How can you be more intentional about leveraging the power of connection in your life?
2. Consider reaching out to someone you trust and telling them in what ways you could truly be encouraged in order to stay on track to make 2020 a better year. If no one person comes to mind, ask God to help you find a person that would be able to come alongside you (and you for them).

“But **encourage** one another **daily**, as long as it is called ‘Today,’ so that none of you may be **hardened by sin’s deceitfulness**.“

Hebrews 3:13