



– GO! –

Ice-Breakers:

1. Why are so many people attracted to fresh starts and anything that is “new and improved”?

Discussion:

2. Read Ephesians 4:22-24. What does it mean to put off your old self and put on the new self? How might this look in the life of a Christian?

3. Read Isaiah 6:1-8 and discuss the 5 principles of enacting a fresh start below.

- **NO PAIN, NO GAIN.**

Why is it that we often don't make changes in life unless we first experience some pain or discomfort?

- **LIFE CHANGE IS ALL ABOUT GOD.**

Read John 15:5. Why is it important to lean on God's power in whatever area of life you want to change?

- **FACE YOUR FALLEN (SINFUL) NATURE.**

Isaiah was overwhelmed by his sinfulness as he stood in the presence of a Holy God. Why is it important to grasp the depths of your problem before turning to God for help?

- **RELEASE THE PAST.**

Read I John 1:9 and Psalm 32:5. Why is it important to accept God's complete forgiveness and release all guilt and regret, in order to move forward in life?

- **SAY: “YES, I’LL GO, GOD.”**

Isaiah was willing to GO when God called him. What typically stands in the way of you doing what you know you ought to do in life?

Application:

4. In what area of your life do you need a fresh start and what steps will you take this week to GO in that direction?