



DECIDING WHO WE WANT TO BE IN 2023

with Paul Amos and Nate Dewberry, The Redeemed

▶ **FOCUS VERSE**

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:22-24

▶ **DISCUSSION**

- 1. What's a goal you're proud to have achieved in the past year, and what do you think were the keys to your ability to achieve it?**

- 2. What's a goal you fell short of achieving, and what stood in your way? Did you place any of those obstacles yourself, intentionally or unintentionally?**

- 3. In both the podcast and his latest devotional series, Nate suggests we should think about our goals less in terms of what we want to achieve and more in terms of the person we want to be. Think about some of the goals you have for 2023 and reframe them using Nate's advice.**



Find this podcast at theredeemed.com/deciding-who-we-want-to-be/

- 4. Another reframing that Nate suggests involves focusing less on singular goals to work toward and instead on positive habits we can pick up, even small ones, that will last a lifetime. What's a habit you think you can pick up in the coming year and make a part of your daily life?**

- 5. Paul talks about how falling short of a goal sometimes isn't because we lack willpower, but because we lack time or we haven't prioritized. When you think about the goals you have for 2023, what kinds of changes will you need to make in terms of scheduling and prioritizing compared to how you're living now?**

- 6. Nate talks about finding a community that will support you in your goals rather than potentially being a distraction or a hindrance—picking a gym that's conveniently located, for example, or spending time with other believers who can help you build a closer relationship with God. Think about a goal you set recently, and about the people you surrounded yourself with as you worked toward that goal. Did they help you or hold you back? In what ways?**

