

## TALK IT OVER

# KEYS TO HAVING A GREAT 2023

### ICEBREAKER (Start Talking)

What is your favorite way to bring in the new year?

### INTRODUCTION (Start Thinking)

Jesus wants to change the direction of your life to be more focused on His plans and purposes for you. This week we will learn how to put God in the center of every part of our lives to better enjoy His peace and promises for us.

### READ (Start Sharing)

We need to take control of our schedules in order to make space for God in all our affairs. *Read Ecclesiastes 4:6 in the right column.* Tranquility is obtained by sharing our anxieties with God. **What "toils" take away your peace? What can you change in your schedule to make more time for God?**

### READ (Start Sharing)

Nothing will derail your God time faster than health problems or stress/anxiety/fear. *Read 1 Corinthians 10:23.* It's important to rethink what we put in our body and mind. **What are some things you need to start, stop and increase doing this year? Do you have an accountability partner that can help?**

### READ (Start Sharing)

We need to live intentionally in order to be open to God's will for us. *Read Jeremiah 29:11.* God created you with a plan and a purpose for your life. **What can you be more intentional with this year to help you grow closer to God and his plans and purposes for your life? How will you ensure that you put God first in this change? Discuss.**

### WHAT WILL YOU DO (Start Doing)

Pray and commit to refocusing your schedule and intentions this year to let Christ lead you in making healthy changes.

### PRAYER (Start Praying)

Father, thank You for always having time for us and help us to make time for You. Guide us in Your will to walk in the plans and purposes You have for us. In Jesus' name, amen.

## READ GOD'S WORD DAILY using S.O.A.P.

### Day 1:

*Better one handful with tranquillity than two handfuls with toil and chasing after the wind.*

*Ecclesiastes 4:6 (NIV)*

### Day 2:

*You say, "I am allowed to do anything"—but not everything is good for you. You say, "I am allowed to do anything"—but not everything is beneficial.*

*1 Corinthians 10:23 (NLT)*

### Day 3:

*Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.*

*Matthew 4:19-20 (ESV)*

### Day 4:

*An intelligent person aims at wise action, but a fool starts off in many directions.*

*Proverbs 17:24 (GN)*

### Day 5:

*For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope.*

*Jeremiah 29:11 (NLT)*

# TIPS FOR ONLINE SMALL GROUP

- 1. HOSTING A SMALL GROUP MEETING ON ZOOM.** If you are interested in hosting a small group on zoom through New Hope Windward, let us know. Our small group team will help you get started. Zoom training is available.
- 2. EMAIL INVITE.** Ensure to send out a calendar invite with the meeting details and how to connect to the meeting platform on zoom.
- 3. REMINDER DURING THE WEEK.** Keep everyone in your group connected by sending a reminder during the week of your upcoming small group meeting.
- 4. START ON TIME & STICK TO YOUR TIME SCHEDULE.** For your scheduled meetings, it's recommended to get started within 5 minutes of your scheduled start time. Most small group meetings are held for about 60 minutes.
- 5. ZOOM'S BEST PRACTICE.** Familiarize yourself with the Zoom features on your electronic device. It is helpful for everyone to know where the mute button is located. Ask the attendees to self-mute to avoid environmental noise when someone else is talking & sharing. Doing this will help with the flow of your SG discussion time.
- 6. DOWNLOAD ZOOM APP.** In order to participate in the Online Small Group, download the Zoom App from your iPhone or Android. You may also download the Zoom App from your laptop PC or iPad device.

# TIPS TO IN-PERSON GROUP

- 1. START & FINISH ON TIME.** Doing this will show your small group you value their time.
- 2. BE COMFORTABLE WITH SILENCE.** Uncomfortable silences are bound to happen. It's okay! A long pause during a group discussion can be powerful. A *pause* gives space for quieter people to break into the conversation; silence allows people to figure out exactly what they would like to say.
- 3. CONFIDENTIALITY IS IMPORTANT.** Confidentiality is the key to building trust in relationships. Here are a few mottos to remember to be confidential: "What is said in small group, stays in small group." **Nothing, nobody, never...** *"Share nothing, to nobody, never"* outside of the group.
- 4. MAKE GROUP A PRIORITY.** Communicate in advance when you will be unable to attend by either calling and/or texting your host or responding to the zoom email invitation by accepting or declining. This will help your host to plan accordingly especially if it is an in person small group gathering.
- 5. ASK FOR HELP.** The Small Group Ministry is here to help. Email [smallgroups@nhww.org](mailto:smallgroups@nhww.org) to ask any questions, request training or other assistance for your Small Group.