



WINTER/SPRING '23
THE JOURNAL

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INTRODUCTION

A JOURNAL

You are holding in your hands a simple journal. For some, this is your first time to consider a journey like this. For others, you've worked through many Bible studies or journals. Regardless of your past experiences, the opportunity this journal provides for each of us could be life-changing. We'll give you an outline of the journal below, which will help you understand how it might be transformational. Using this journal is a sacred rhythm, a practiced habit, that could open a conduit between us and God.

DISCIPLESHIP

One of the mandates of Christ was that His disciples (core group of followers) would go and make more disciples. Those disciples would also go and make more disciples. This would become a multiplying movement of people who are living differently in this world, built around their response to the love and grace of God. If you claim to be a follower of Jesus, if you've made a decision to let Christ take the lead in your life, you're a disciple. The behavior of disciples naturally changes as they become more aware of and respond to the work of the Holy Spirit (God's very own Spirit).

COMMUNITY

The best way to journey with Jesus is in community. Don't do this alone. Gather in a church community on Sunday for worship—a great way to begin each week. Then, gather with a small group of others who are on this same journey. Even if you can't join a group, find a way to have these conversations with one or two other people you know. Your perspective and understanding will grow by having open, honest dialogue within the context of a group.

JESUS

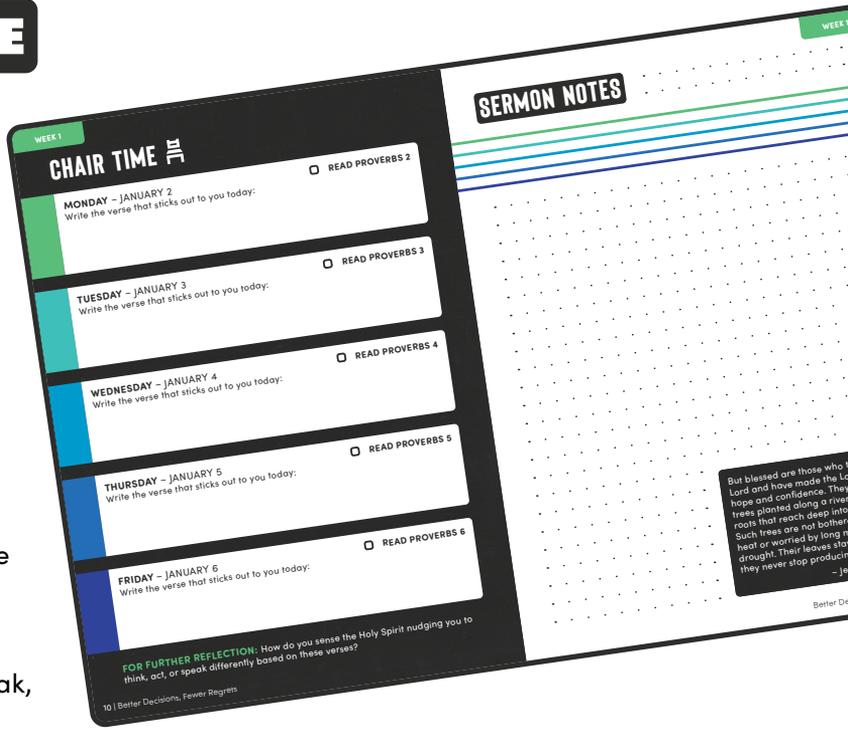
At the center of discipleship is Jesus. This journal is just a tool to help you better know and follow Jesus each day. The pursuit is not the completion of the journal—the pursuit is transformation, becoming more like Jesus. We're excited for the journey ahead and trust God's Spirit will work in and through us as we continue to follow Jesus.

Grace. Peace. Love.

HOW TO USE

CHAIR TIME

Chair Time pages are here to spur some personal time with God. The scripture we provide each day is intended to be a starting point. You can go further, by opening the passage in your Bible (paper or digital) and read as much or little as you'd like. You can also use the scripture as a prayer. As you read and pray, consider how God's Spirit might be leading you to think, speak, or act differently.

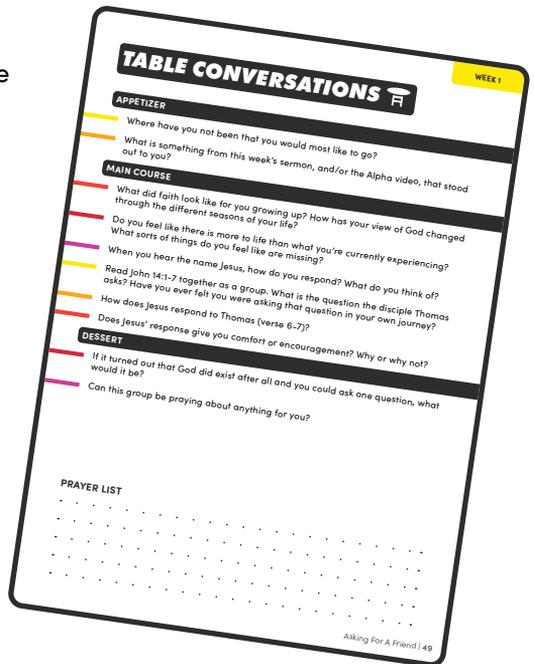


SERMON NOTES

Each week, you'll find a space to take sermon notes. If you miss the sermon on Sunday, jump online and watch.

TABLE CONVERSATIONS

You'll also find a page of questions connected to the section of scripture we've been in together. Use this as a guide for your family or group—but feel free to deviate from these questions if something else jumps out to you from the week's scripture/sermon/themes.





The new year is a great time to make resolutions. Unfortunately, many of those decisions never last because they never become a **habit—a routine we repeatedly practice until it's almost second-nature**. And this year, we hope you'll **join us in the resolution of opening Scripture as a daily habit**. We thought a great place to start would be in **the book of Proverbs, where we find short, simple, and often memorable bits of God's wisdom for daily living**. As it works out, there are **31 days in January, and 31 chapters in the book of Proverbs**.



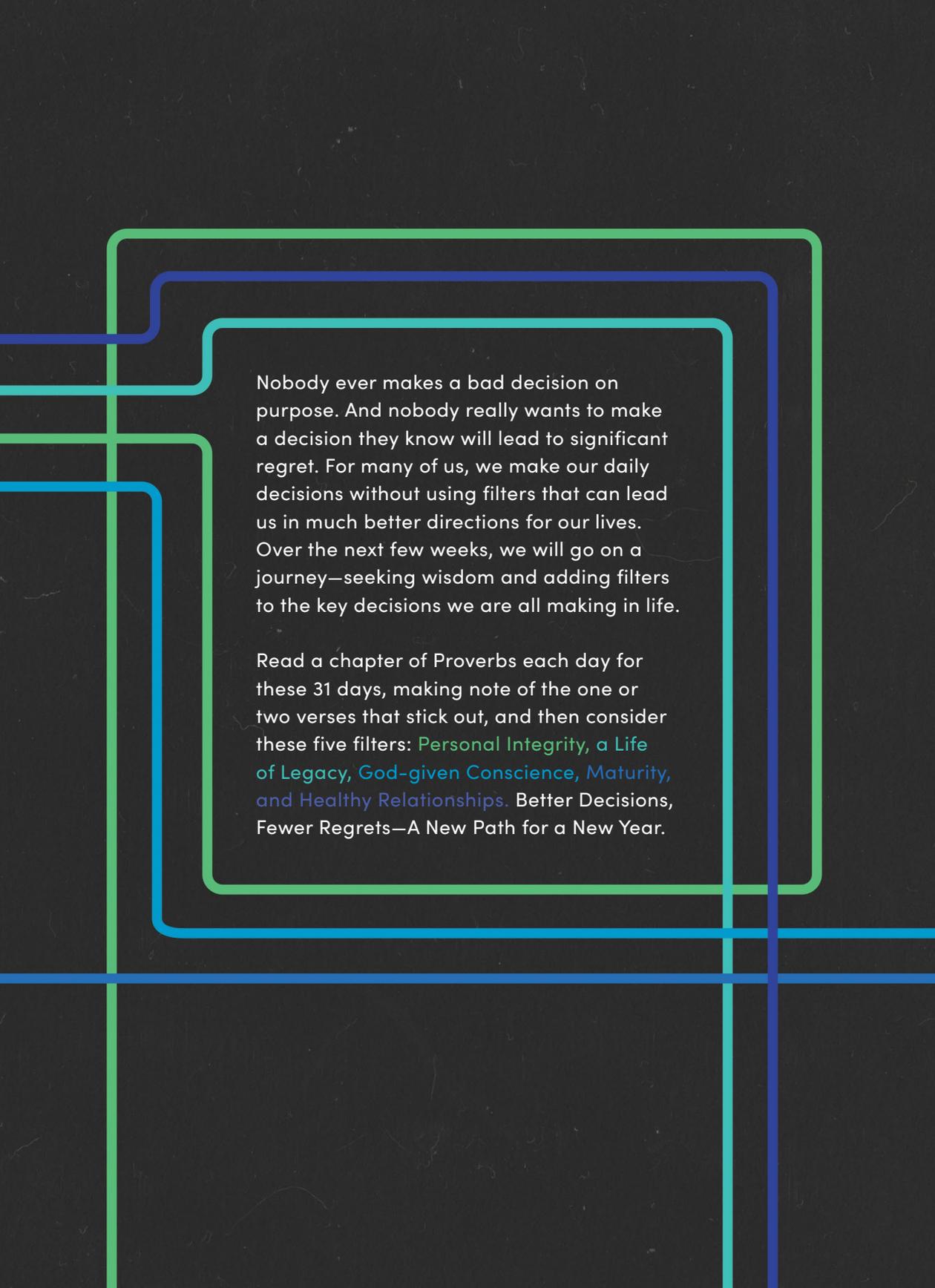
**Each day in January,
read 1 chapter from Proverbs.**

Sunday, January 1: Proverbs 1
Monday, January 2: Proverbs 2
Tuesday, January 3: Proverbs 3
and continue through the month...



BETTER DECISIONS FEWER REGRETS

A NEW PATH FOR A NEW YEAR



Nobody ever makes a bad decision on purpose. And nobody really wants to make a decision they know will lead to significant regret. For many of us, we make our daily decisions without using filters that can lead us in much better directions for our lives. Over the next few weeks, we will go on a journey—seeking wisdom and adding filters to the key decisions we are all making in life.

Read a chapter of Proverbs each day for these 31 days, making note of the one or two verses that stick out, and then consider these five filters: *Personal Integrity, a Life of Legacy, God-given Conscience, Maturity, and Healthy Relationships*. Better Decisions, Fewer Regrets—A New Path for a New Year.

NEW YEAR'S TRIVIA

1.

Eating black-eyed peas is a southern U.S. tradition said to bring economic prosperity and good luck in the coming year. What do the Dutch traditionally eat on New Year's Day to bring good luck?

- Donuts
- Pancakes
- Apples

2.

How much does the Times Square ball weigh?

- 11,875 lbs
- 8,000 lbs
- 15,000 lbs

3.

What is the most common New Year's resolution people make?

- Save money
- Travel
- Get healthier

4.

How much confetti is dropped in Times Square on New Year's Eve?

- About 1 ton
- 5,000 lbs
- 3 tons

5.

In Miami, what rises rather than a ball that drops to count down to the New Year?

- An acorn
- An orange
- A dolphin

6.

_____ is the most popular destination in the U.S. for New Year's Eve.

- Orlando
- New York
- New Orleans

7. In Colombia, families place three _____ under the bed—one peeled, one not, and the last one only partially. At midnight, each person grabs for one with eyes closed and depending on the _____ they select, can either expect a year of good fortune, financial struggle, or a mix of both.

- **Carrots**
- **Potatoes**
- **Mangos**

8. In Turkey, it's considered good luck to sprinkle _____ on your doorstep as soon as the clock strikes midnight on New Year's Day.

- **Flour**
- **Sugar**
- **Salt**

9. All the single ladies! In Ireland, it's customary for single gals to sleep with a _____ under their pillow on New Year's Eve. Supposedly, sleeping with the plant helps women to find their future husbands—in their dreams, at least.

- **Holly**
- **Mistletoe**
- **Rosemary**

10. What is the average hourly rate for a babysitter on New Year's Eve?

- **\$10.59**
- **\$22.40**
- **\$17.59**

CHAIR TIME

MONDAY – JANUARY 2

Write the verse that sticks out to you today:

READ PROVERBS 2

TUESDAY – JANUARY 3

Write the verse that sticks out to you today:

READ PROVERBS 3

WEDNESDAY – JANUARY 4

Write the verse that sticks out to you today:

READ PROVERBS 4

THURSDAY – JANUARY 5

Write the verse that sticks out to you today:

READ PROVERBS 5

FRIDAY – JANUARY 6

Write the verse that sticks out to you today:

READ PROVERBS 6

FOR FURTHER REFLECTION: How do you sense the Holy Spirit nudging you to think, act, or speak differently based on these verses?

SERMON NOTES



A large grid of dotted lines for taking notes, consisting of 20 columns and 25 rows.

But blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.

– Jeremiah 17:7-8

BETTER DECISIONS, FEWER REGRETS

QUESTION 1:

Am I being honest to myself...really?

DECISION 1:

I will not lie to myself even when the truth makes me feel bad about myself.

2 Truths:

1. The easiest person to deceive is the person in the mirror.
2. You can't lead yourself if you're lying to yourself.

– Andy Stanley

From AA:

Rigorous honesty is the first step toward recovery.

3 Categories of Decisions that Create the Majority of Regret:

1. Purchases
2. Relationships
3. Habits

Most of us want to be proven right more than we want to know what's true.

– Andy Stanley

NOTES

TABLE CONVERSATIONS

APPETIZER

Share a time you fibbed or gave a half-truth to make yourself feel good or look good (i.e. - trying to impress a girl/boy, hitting snooze instead of working out, justifying a dessert you swore you wouldn't eat).

What is something from this week's sermon that stood out to you?

MAIN COURSE

We are experts at selling ourselves on bad decisions and bad ideas. We've rationally convinced ourselves of every bad decision we've ever made. Why do we often rely on false self-narratives or half-truths to try and project a better image than reality?

What is the danger in consistently living out a version of ourselves that is not entirely true?

Read Jeremiah 17:7-10 together as a Group. How does the prophet describe our hearts? Do you agree or disagree? Why?

How can trusting in God, and allowing Him to search our true hearts and motives, move us toward greater honesty and integrity with ourselves and others?

Andy Stanley says rigorous self-honesty is the first step in making better decisions for our lives. We can't make good decisions for our future if we're not honest with our present. Do you agree? Why or why not?

What are some ideas for how to practice more self-honesty in our day-to-day lives?

Purchases, relationships, and habits. These are three categories we tend to have more regrets and poor decision-making. Which of these categories would you most like to work on this week? If comfortable, share why.

DESSERT

What is your plan for having more self-honesty and integrity in that area?

What can this group be praying for you?

PRAYER LIST

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CHAIR TIME

MONDAY – JANUARY 9

Write the verse that sticks out to you today:

READ PROVERBS 9

TUESDAY – JANUARY 10

Write the verse that sticks out to you today:

READ PROVERBS 10

WEDNESDAY – JANUARY 11

Write the verse that sticks out to you today:

READ PROVERBS 11

THURSDAY – JANUARY 12

Write the verse that sticks out to you today:

READ PROVERBS 12

FRIDAY – JANUARY 13

Write the verse that sticks out to you today:

READ PROVERBS 13

FOR FURTHER REFLECTION: How do you sense the Holy Spirit nudging you to think, act, or speak differently based on these verses?

SERMON NOTES



We will use these stones to build a memorial. In the future your children will ask you, 'What do these stones mean?' Then you can tell them, 'They remind us that the Jordan River stopped flowing when the Ark of the Lord's Covenant went across.' These stones will stand as a memorial among the people of Israel forever.

- Joshua 4:6-7

But if you refuse to serve the Lord, then choose today whom you will serve. Would you prefer the gods your ancestors served beyond the Euphrates? Or will it be the gods of the Amorites in whose land you now live? But as for me and my family, we will serve the Lord.

- Joshua 24:15

BETTER DECISIONS, FEWER REGRETS

QUESTION 2:

What story do I want to tell?

DECISION 2:

I will decide a story I'm proud to tell. I will not decide anything that makes me a liar for life.

Focalism, or anchoring as it's sometimes referred to, is the tendency we all have to rely too heavily on initial information and the emotion it elicits when making a decision.

– Andy Stanley

Private decisions have public implications. Perhaps generational implications. Our private decisions won't remain private.

– Andy Stanley

The question, 'What story do I want to tell?', removes the focalism and emotion that can cloud our decision making and lead to deep regret.

While our lives are influenced and impacted by decisions others make, our decisions will determine the story our life writes. And that story will influence and impact others in significant ways.

No matter what happens in life, be good to people. Being good to people is a good legacy to leave.

– Taylor Swift

The greatest legacy one can pass on to one's children and grandchildren is not money...but rather a legacy of character and faith.

– Billy Graham

No legacy is so rich as is honesty.

– William Shakespeare

NOTES

TABLE CONVERSATIONS

APPETIZER

Name one of your favorite stories from a book or film. What are some things you like about that story?

What is something from this week’s sermon that stood out to you?

MAIN COURSE

Do you feel like you are living a good story? Is your life one that you are looking forward to sharing with your friends, kids and/or grandkids? Why or why not?

Every decision we are making right now becomes part of our legacy in the future. What are some decisions you are currently weighing that will eventually become part of your story or legacy later on?

Read Genesis 39:1-23 together as a group. What is Potiphar’s wife known for? What is Joseph known for?

We can tend to put a huge emphasis on a current decision we are facing, or something we want or desire right now, instead of seeing how that decision might impact our larger story for better or worse. How did this play out in the story we just read? How has this played out in your own life?

Four times in Genesis 39 it says the Lord was “with” Joseph (v. 2, 21, 23). That is a major part of his story. Is this something people would say about your life? What are some ways you can work toward being “with” God more?

Brainstorm together some practical ways we can keep a broader perspective of our stories and legacy as we make daily, weekly, or moment by moment decisions.

DESSERT

What one decision can you make this week that might change the trajectory of your future story?

How can your Group be praying for you?

PRAYER LIST

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CHAIR TIME

MONDAY – JANUARY 16

Write the verse that sticks out to you today:

READ PROVERBS 16

TUESDAY – JANUARY 17

Write the verse that sticks out to you today:

READ PROVERBS 17

WEDNESDAY – JANUARY 18

Write the verse that sticks out to you today:

READ PROVERBS 18

THURSDAY – JANUARY 19

Write the verse that sticks out to you today:

READ PROVERBS 19

FRIDAY – JANUARY 20

Write the verse that sticks out to you today:

READ PROVERBS 20

FOR FURTHER REFLECTION: How do you sense the Holy Spirit nudging you to think, act, or speak differently based on these verses?

BETTER DECISIONS, FEWER REGRETS

QUESTION 3:

Is there a tension that deserves my attention?

DECISION 3:

I will pause even when I can't pinpoint the cause of my hesitation. I will explore, rather than ignore my conscience.

Conscience is a man's compass.

– Vincent Van Gogh

I'm not suggesting you prioritize emotion over reason in the decision-making process. But I am suggesting you pay attention to what initially may appear to be an unreasonable emotion.

– Andy Stanley

Have you ever had a catch in your spirit while making a decision—and you couldn't explain exactly what or why you felt that catch? That's a tension worth paying attention to.

Conscience is God present in man.

– Victor Hugo

NOTES

TABLE CONVERSATIONS

APPETIZER

- What is the best piece of advice you've been given?
- What is something from this week's sermon that stood out to you?

MAIN COURSE

- Do you tend to make more measured, logical choices, or emotion-driven choices?
- What's an example of one of your most recent decisions in this category?
- When has a red flag - whether internally or from others - caused you to pause before making a major decision? What was the outcome?
- Read 1 Samuel 24:1-20 together as a Group. What stands out to you in this story?
- Do you tend to justify your responses based on what seems right in the moment or to people-please? If you had been in David's shoes, how hard would it have been to let King Saul walk out of the cave knowing his goal was to kill you if he had seen you first? And knowing that your friends might have wanted you to strike first?
- What happens to David in verse 5? Do you feel like God uses your conscience to speak to you?
- Andy Stanley in "Better Decisions, Fewer Regrets" encourages us to pause and pay attention to the 'tension' that exists inside of us. How might ignoring that internal tension bring disappointment or regret in life?

DESSERT

- What are some practical ways you can explore rather than ignore the tension, or your conscience, in the coming weeks? Is there any decision you are facing that it might be good to pause and ask a wise mentor some advice?
- How can your Group be praying for you?

PRAYER LIST

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CHAIR TIME

MONDAY – JANUARY 23

Write the verse that sticks out to you today:

READ PROVERBS 23

TUESDAY – JANUARY 24

Write the verse that sticks out to you today:

READ PROVERBS 24

WEDNESDAY – JANUARY 25

Write the verse that sticks out to you today:

READ PROVERBS 25

THURSDAY – JANUARY 26

Write the verse that sticks out to you today:

READ PROVERBS 26

FRIDAY – JANUARY 27

Write the verse that sticks out to you today:

READ PROVERBS 27

FOR FURTHER REFLECTION: How do you sense the Holy Spirit nudging you to think, act, or speak differently based on these verses?

SERMON NOTES



A large grid of dotted lines for taking notes, consisting of 20 columns and 25 rows.

So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days.

– Ephesians 5:15-16

BETTER DECISIONS, FEWER REGRETS

QUESTION 4:

In light of my past experience, my current circumstances, and my future hopes and dreams, what is the wise thing for me to do?

DECISION 4:

I will do the wise thing.

Whether it's curfew, diet, driving, or spending...our natural inclination is to live as close to the line as possible.

—Andy Stanley

Everybody ends up somewhere in life. I recommend you end up somewhere on purpose. Wisdom paves the way.

—Andy Stanley

Unhelpful excuses: It's not wrong. People do it all the time. It won't hurt anyone. I can handle it. It's not against the law. God will always forgive.

Drawing our lines, setting our limits, establishing our moral and ethical standards on the borderline between right and wrong, legal and illegal, healthy and unhealthy eliminates any margin for error. It's a foolish and dangerous way to live.

—Andy Stanley

Our past, present, and future should be in sight as we make wise decisions today.

NOTES

CHAIR TIME

MONDAY – JANUARY 30

READ PROVERBS 30

Write the verse that sticks out to you today:

TUESDAY – JANUARY 31

READ PROVERBS 31

Write the verse that sticks out to you today:

WEDNESDAY – FEBRUARY 1

READ MATTHEW 5

Write the verse that sticks out to you today:

THURSDAY – FEBRUARY 2

READ MATTHEW 6

Write the verse that sticks out to you today:

FRIDAY – FEBRUARY 3

READ MATTHEW 7

Write the verse that sticks out to you today:

FOR FURTHER REFLECTION: How do you sense the Holy Spirit nudging you to think, act, or speak differently based on these verses?

SERMON NOTES



Main body of the page containing a grid of dotted lines for taking notes.

So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other.

– John 13:34

BETTER DECISIONS, FEWER REGRETS

QUESTION 4:

What does love require of me?

DECISION 4:

I will decide with the interests of others in mind.

Love is: patient and kind, not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

– 1 Corinthians 13:4–8

None of us envision our future all alone, with no family or friends. Are we making decisions today that build strong relationships for tomorrow?

“Do to others what you would want them to do to you.”

– Jesus, Matthew 7:12

NOTES

TABLE CONVERSATIONS

APPETIZER

- Name a childhood friend. What did you enjoy about him/her in that season of life?
- What is something from this week's sermon that stood out to you?

MAIN COURSE

- What makes relationship decisions in our life less certain than personal growth decisions?
- How can relationships be more demanding of our energy, time, and effort than just working on ourselves?
- Read John 13:12-17 and John 13:34-35 together. What new command did Jesus give the disciples? Why was His command considered new or revolutionary?
- Jesus didn't just give a teaching; He embodied an example that would be a reminder to His disciples. What are some modern examples of washing someone's feet?
- Read 1 Corinthians 13:4-8 together. Paul gives a list of characteristics of what love should look like. Which of these characteristics is easiest for you? Which one or two are difficult, or you would you like to focus on improving?
- Thinking through your interactions the past week, do you think people would know you're a Jesus follower simply by the way you treated or loved others? Why or why not?

DESSERT

- This week, what does love require of you? Is there a particular person or situation you can prepare to be more loving in advance?
- Before prayer, take a brief moment of silence to bring to mind how Jesus has loved you. Now spend some time praying for one another, and that the world might be improved by how you love others in the way of Jesus in the coming weeks.

PRAYER LIST

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CROCKPOT SPINACH ARTICHOKE DIP

INGREDIENTS:

Spinach: I used 1 (10oz) bag of fresh baby spinach, but you could also thaw and drain a package of frozen spinach.

Artichoke hearts: One jar, drained and roughly chopped.

Cream cheese: I typically use a brick of low-fat cream cheese, but full fat works too, of course.

Sour cream or Greek yogurt.

Cheese: Both, shredded Mozzarella and freshly grated Parmesan.

Onion: Finely chopped red or white onion.

Garlic: Minced or pressed.

Salt and pepper: For seasoning

INSTRUCTIONS:

Combine all ingredients in the bowl of a slow-cooker (a small 3-quart crockpot will work) and toss briefly to combine.)

Cover and cook on low for 2-3 hours or on high for 1 hour, until the cheese is completely melted. (That said, slow cookers can vary significantly with heat levels, so it is recommended to check on it every 30 minutes to be sure that it does not overcook.)

Stir and season. Give the spinach artichoke dip a good stir to combine. Then taste and further season with salt and pepper as desired. Serve warm with whatever dippers you prefer!

HONEY BUFFALO PRETZELS

INGREDIENTS:

16 oz pretzels: preferably “snaps”

1 stick butter: melted

1 c Frank’s RedHot Sauce

1/4 c honey

1.5 tsp garlic powder

1.5 tsp onion powder

1 packet ranch dressing



INSTRUCTIONS:

Combine all sauce ingredients in a large bowl—stir to combine. Add pretzels to the bowl and mix gently to coat each pretzel.

Spread pretzels on two large baking sheets lined with parchment paper and bake at 300° for 30-40 minutes flipping pretzels every 10 minutes.

After baking, sprinkle with kosher salt. Let cool and serve with or without dipping sauce.



3 MINUTE BLUE CHEESE DIP

INGREDIENTS:

- 1/2 c sour cream
- 1 c mayonaise
- 2 tbsp lemon juice
- 6 drops hot sauce
- 6 oz blue cheese
- 1 tbsp Worcestershire sauce
- 1/2 tsp garlic
- Salt and pepper: to taste

INSTRUCTIONS:

- Combine all ingredients in a mixing bowl. Mix well until combined.
- Refrigerate one hour before serving.
- Will last in the fridge for about 1 week.



CRISPY OVEN BAKED WINGS

INGREDIENTS:

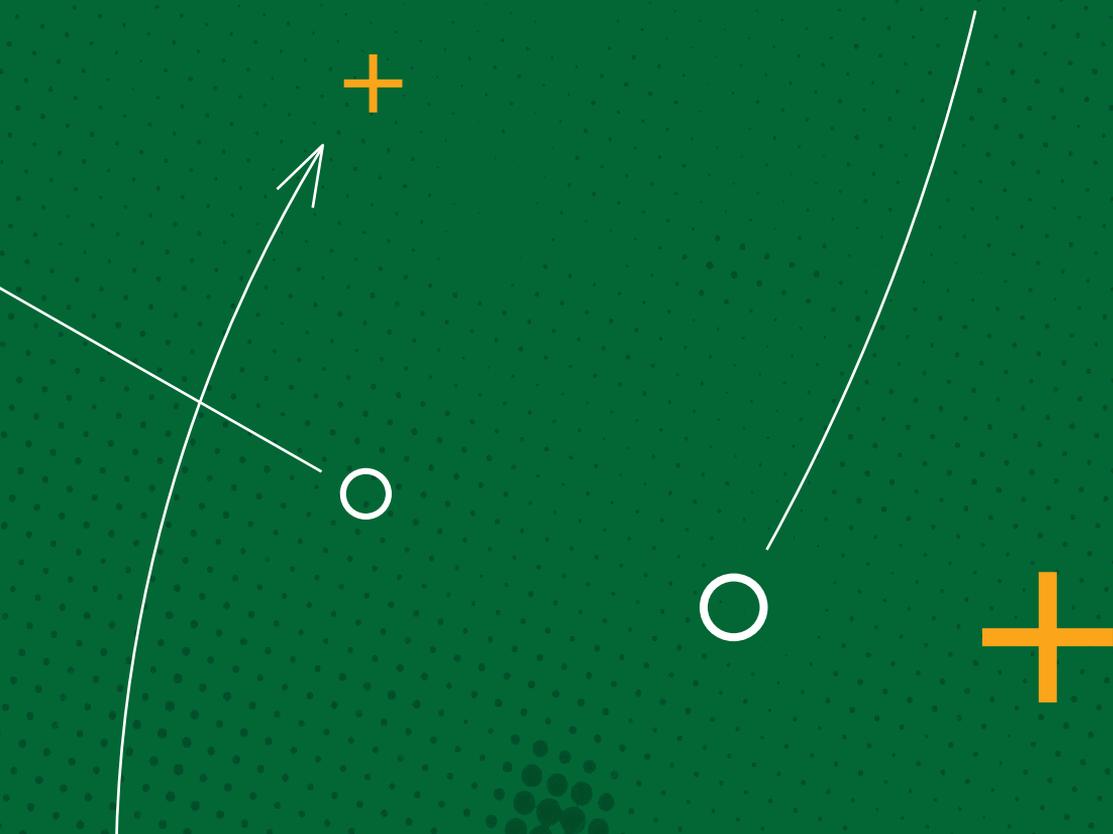
- 2 lbs Wingettes & Drumettes
- 2 c Franks RedHot sauce Sweet & Spicy Sauce
- 4 tbsp baking powder
- 1 c brown sugar
- 1 tbsp garlic powder
- 1 tbsp onion powder
- Salt and pepper: to taste

INSTRUCTIONS:

- Clean wings thoroughly, making sure everything is sanitized!
- Bake at 425° for 45 mins flipping halfway through. You can turn on the broiler for 5 minutes to get them extra crispy!
- Toss in sauce—ENJOY!



FOR
THE WIN

The text 'FOR THE WIN' is centered on a dark green background with a white dot pattern. 'FOR' is in a white outline font. 'THE' is also in a white outline font, with a white arrow pointing downwards from its bottom edge. 'WIN' is in a bold, orange, 3D-style font with a white outline. A white arrow points from the right side of 'FOR' towards the right edge of the frame. Another white arrow points from the right edge of the frame towards a small orange plus sign located between 'FOR' and 'THE'. A white curved line starts from the top right and curves downwards towards the plus sign.

CHAIR TIME

MONDAY – FEBRUARY 6

Jesus knew their thoughts and replied, “Any kingdom divided by civil war is doomed. A town or family splintered by feuding will fall apart.”

– **Matthew 12:25**

TUESDAY – FEBRUARY 7

Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.

– **Philippians 2:2**

WEDNESDAY – FEBRUARY 8

Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude. Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing.

– **1 Peter 3:8-9**



VERSE OF THE DAY

THURSDAY – FEBRUARY 9

Most important of all, continue to show deep love for each other, for love covers a multitude of sins.

– 1 Peter 4:8

FRIDAY – FEBRUARY 10

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

– Galatians 6:9

REFLECTION

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SUPER BOWL TRIVIA

1. Which team(s) has the most Super Bowl losses?

2. Four teams have never made the Super Bowl. Which team from this list has?

Detroit Lions
Cleveland Browns
Jacksonville Jaguars
Tennessee Titans
Houston Texans

3. What was the first Wild Card team to win a Super Bowl?

4. How much does the Vince Lombardi Trophy weigh?

5. How much did a 30-second Super Bowl ad cost in 2022?

6. What city hosted the coldest Super Bowl ever?

7. Which starting quarterbacks have won Super Bowls with two different teams?

8. How many chicken wings are consumed on Super Bowl Sunday?

9. What year was the first Super Bowl and who won?

10. What city has hosted the most Super Bowls?

11. What Super Bowl number and year did they start using roman numerals?

12. Which teams are tied with the most Super Bowl wins in history?

13. Which individual has the most Super Bowl wins and how many?

14. How many footballs are used in the Super Bowl?

15. How many points were scored in the highest scoring Super Bowl ever and which two teams played in the game?

BONUS: Who won?

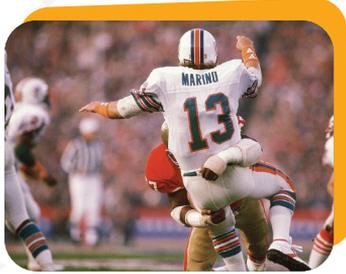


WINNING ANSWERS

1. Denver Broncos + New England Patriots 2. Tennessee Titans 3. The Raiders 4. 7 lbs 5. \$7 million 6. New Orleans 7. Peyton Manning (Colts + Broncos) and Tom Brady (Pats + Bucs) 8. 1.3 billion 9. 1967, Green Bay Packers 10. Miami (11) 11. Super Bowl V, 1971 12. Pittsburgh Steelers + New England Patriots 13. Tom Brady, 7 14. 7 15. 75 points, San Francisco 49ers + San Diego Chargers

BONUS: San Francisco 49ers

Super Sunday
NAME THAT
GAME!



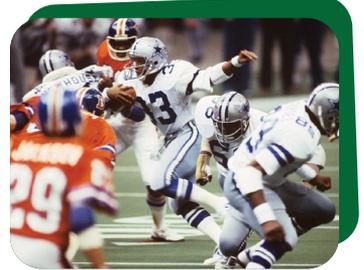
Super Bowl XIX
49ers vs Dolphins



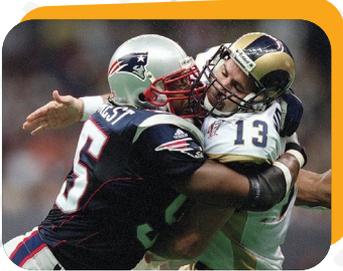
Super Bowl _____
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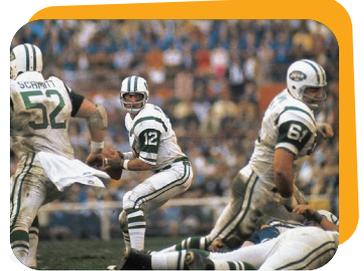
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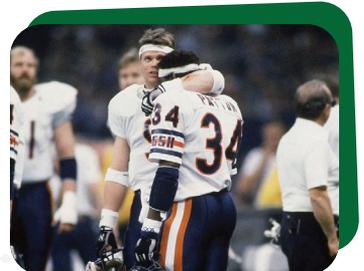
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+ Super Sunday
NAME THAT
COMMERCIAL!



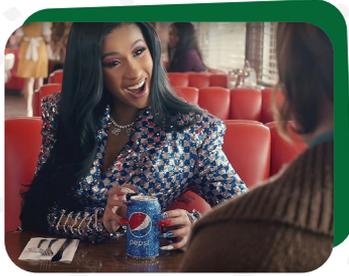
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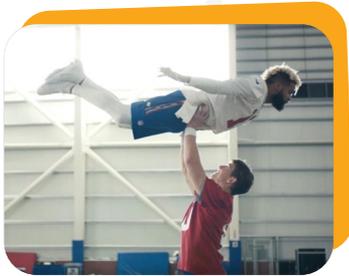
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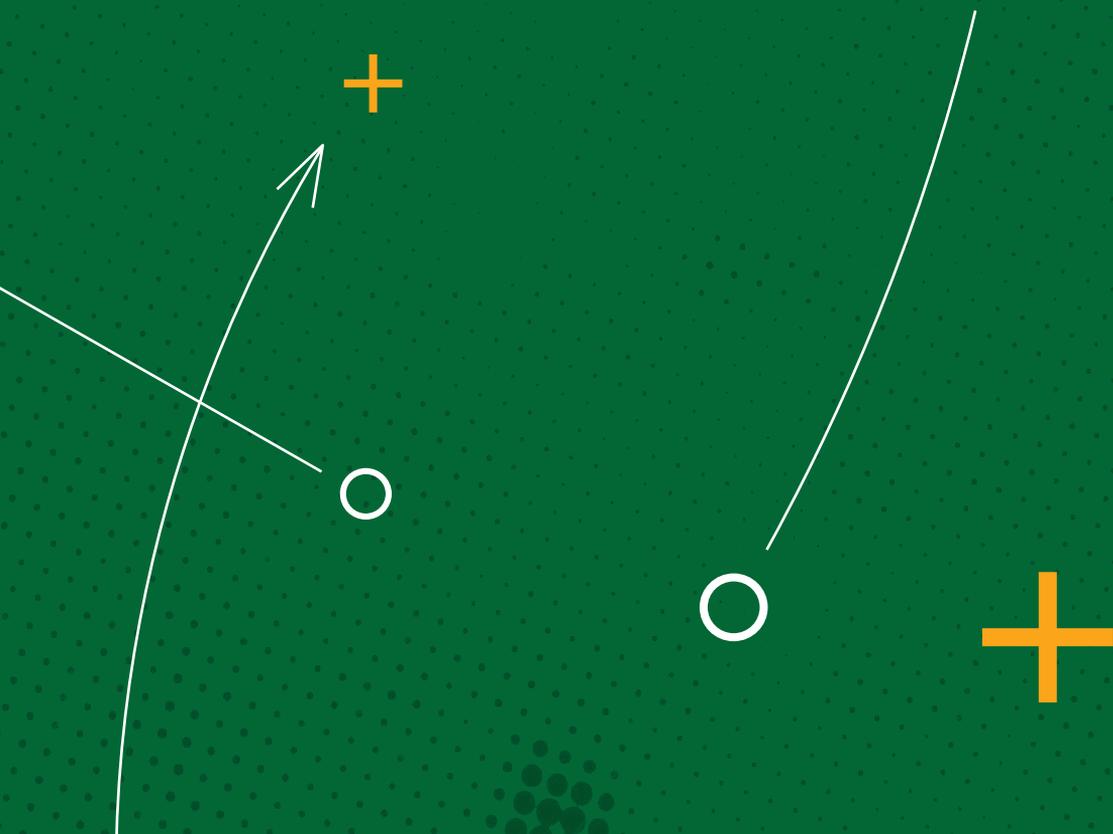


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FOR
THE WIN

The text 'FOR THE WIN' is centered on a dark green background with a white dot pattern. 'FOR' is in a white outline font. 'THE' is also in a white outline font, with a white arrow pointing downwards from its bottom edge. 'WIN' is in a bold, orange, 3D-style font with a white outline. A white arrow points from the right side of 'FOR' towards the right edge of the frame. Another white arrow points from the right edge of the frame towards the plus sign. A white plus sign is located between the two arrows. A white curved line starts from the top right and curves downwards towards the plus sign.

CHAIR TIME

MONDAY – FEBRUARY 13

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

– Hebrews 12:1-2

TUESDAY – FEBRUARY 14

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win!

– 1 Corinthians 9:24

WEDNESDAY – FEBRUARY 15

He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

– Isaiah 40:29-31

The image features a central white rectangular area on a black background. At the top and bottom of this white area, there are several overlapping, wavy lines in vibrant colors: red, orange, yellow, and purple. The text 'ASKING FOR A FRIEND' is centered within the white area in a large, bold, black, sans-serif font. Each letter of the text has a thick, bright yellow outline, giving it a 3D, pop-art appearance.

ASKING FOR A FRIEND



Lent. 40 Days (+ Sundays).

For many followers of Jesus, Lent is a time to focus more on the life, teaching, crucifixion, and resurrection of Jesus. Some of have used this as a time of preparation for baptism. Others have used this time to set aside certain daily habits in order to find deeper connection with the sacrifice of Jesus. No matter the practice or tradition, the focus is singular: Jesus. Over these 40+ days, we will be on a journey wrestling with some common questions in our culture, and some basics of our faith.

It will be a season of leaning deeper into God's grace and love—made known through Jesus.

AN EASTER JOURNEY THROUGH LENT

CHAIR TIME VERSE OF THE DAY

FOR REFLECTION: Is there more to life than this?

MONDAY – FEBRUARY 20

 **READ JOHN 10:1-12**

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

– John 10:10

TUESDAY – FEBRUARY 21

So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

– 2 Corinthians 4:18

WEDNESDAY – FEBRUARY 22

That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?

– Matthew 6:25

THURSDAY – FEBRUARY 23

Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end.

– Ecclesiastes 3:11

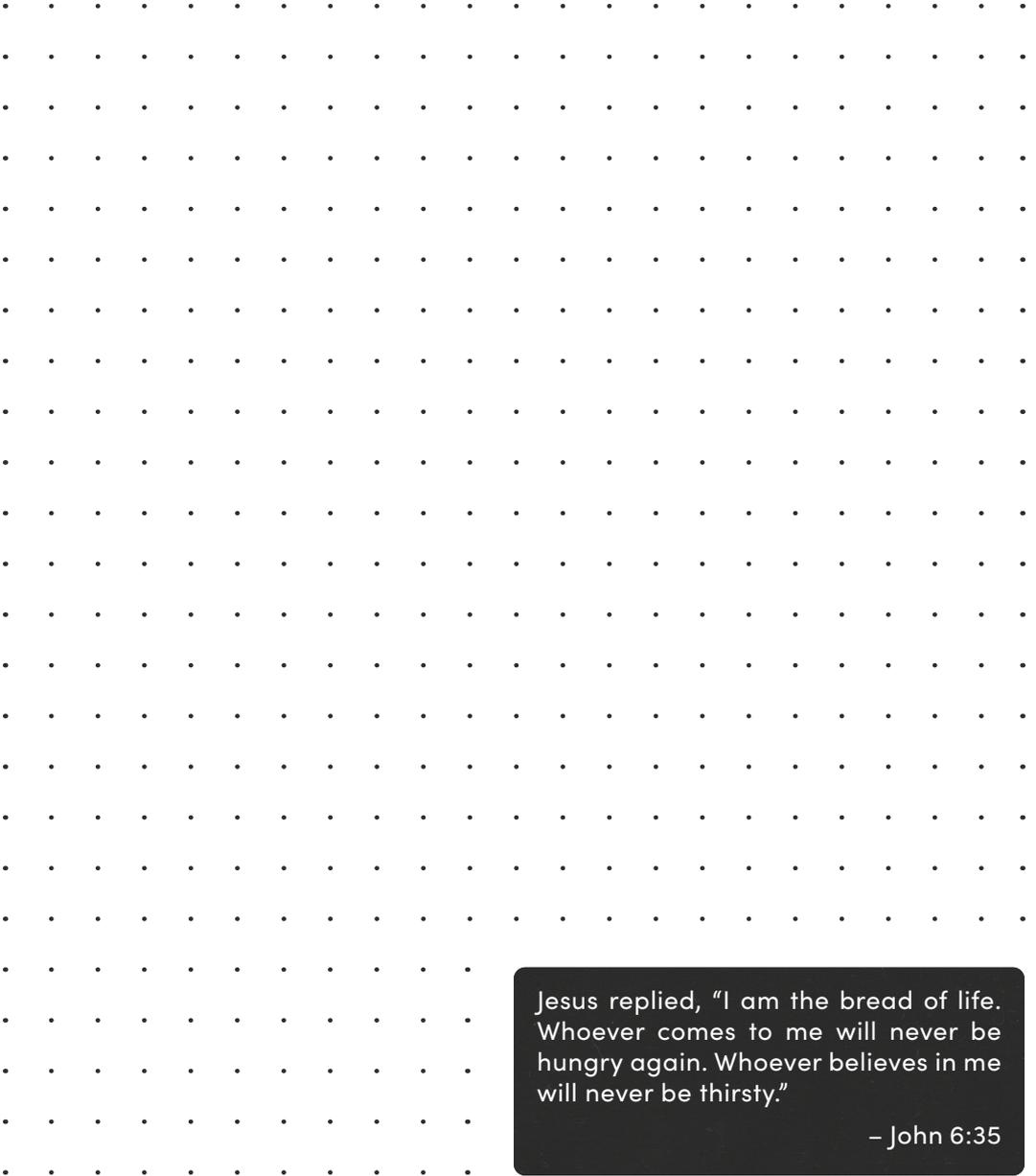
FRIDAY – FEBRUARY 24

 **READ PSALM 8**

When I look at the night sky and see the work of your fingers—the moon and the stars you set in place—what are mere mortals that you should think about them, human beings that you should care for them?

– Psalm 8:3-4

SERMON NOTES



Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty."
– John 6:35

ASKING FOR A FRIEND

Life is never made unbearable by circumstances, but only by lack of meaning and purpose.

– Viktor Frankl

The greatest tragedy is not death, but life without purpose.

– Rick Warren

The mystery of human existence lies not in just staying alive, but in finding something to live for.

– Fyodor Dostoyevsky

Let's assume that if we are still breathing, then we have a purpose for being here. Every one of us with breath in our lungs still has something left to do.

– Jennie Allen

NOTES

TABLE CONVERSATIONS

APPETIZER

- Where have you not been that you would most like to go?
- What is something from this week's sermon, and/or the Alpha video, that stood out to you?

MAIN COURSE

- What did faith look like for you growing up? How has your view of God changed through the different seasons of your life?
- Do you feel like there is more to life than what you're currently experiencing? What sorts of things do you feel like are missing?
- When you hear the name Jesus, how do you respond? What do you think of?
- Read John 14:1-7 together as a group. What is the question the disciple Thomas asks? Have you ever felt you were asking that question in your own journey?
- How does Jesus respond to Thomas (verse 6-7)?
- Does Jesus' response give you comfort or encouragement? Why or why not?

DESSERT

- If it turned out that God did exist after all and you could ask one question, what would it be?
- Can this group be praying about anything for you?

PRAYER LIST

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CHAIR TIME VERSE OF THE DAY

FOR REFLECTION: Who is Jesus?

MONDAY – FEBRUARY 27

 **READ JOHN 1:1-14**

So the Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father's one and only Son.

– John 1:14

TUESDAY – FEBRUARY 28

Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me.

– John 14:6

WEDNESDAY – MARCH 1

Jesus told her, "I am the resurrection and the life. Anyone who believes in me will live, even after dying. Everyone who lives in me and believes in me will never ever die. Do you believe this, Martha?"

– John 11:25-26

THURSDAY – MARCH 2

For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.

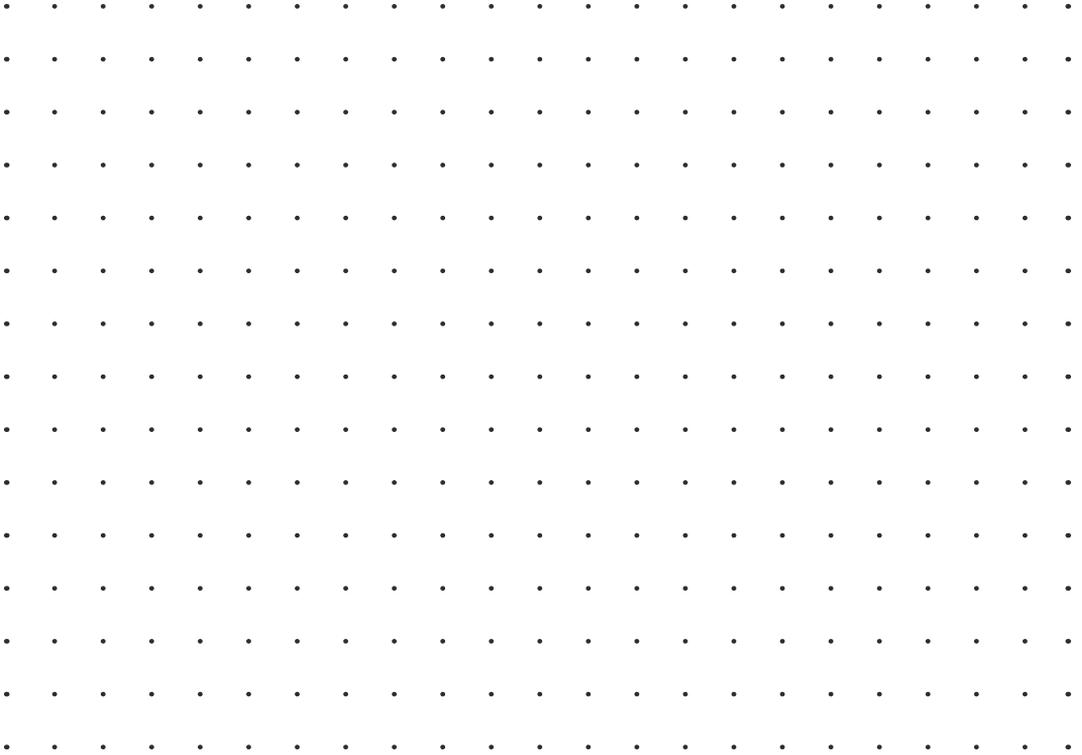
– Mark 10:45

FRIDAY – MARCH 3

But these are written so that you may continue to believe that Jesus is the Messiah, the Son of God, and that by believing in him you will have life by the power of his name.

– John 20:31

SERMON NOTES



In the beginning the Word already existed. The Word was with God, and the Word was God.

– John 1:1

So the Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father’s one and only Son.

– John 1:14

ASKING FOR A FRIEND

My understanding of the Scriptures has been made simple by the person of Christ. Christ teaches that God is love. God is love, and as much as I respond in allowing myself to be transformed by that love and acting in that love, that's my religion. Where things get complicated for me, is when I try to live this love. Now that's not so easy.

– Viktor Frankl

The most potent figure, not only in the history of religion, but in world history as a whole, is Jesus Christ, the maker of one of the few revolutions which have lasted. Millions of men and women for century after century have found his life and teaching overwhelmingly significant and moving.

– Michael Grant

Regardless of what anyone may personally think or believe about him, Jesus of Nazareth has been the dominant figure in the history of Western Culture for almost twenty centuries.

– Jaroslav Pelikan

NOTES

CHAIR TIME VERSE OF THE DAY

FOR REFLECTION: How can we have faith?

MONDAY – MARCH 6

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.

– John 3:16

TUESDAY – MARCH 7

And Abram believed the Lord, and the Lord counted him as righteous because of his faith.

– Genesis 15:6

WEDNESDAY – MARCH 8

If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved.

– Romans 10:9-10

THURSDAY – MARCH 9

For we live by believing and not by seeing.

– 2 Corinthians 5:7

FRIDAY – MARCH 10

But to all who believed him and accepted him, he gave the right to become children of God.

– John 1:12

SERMON NOTES



A large grid of dotted lines for taking notes, consisting of 20 columns and 25 rows.

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him.

– John 3:16-17



ASKING FOR A FRIEND

The best way you can find out if you can trust someone is to trust them.
– Ernest Hemingway

Faith is directing our confidence, trust, and belief toward something or someone.

A committed believer can both wrestle with honest questions and embrace a genuine faith in God.
– Craig Groeschel

Faith is not believing in my own unshakable belief. Faith is believing an unshakeable God when everything in me trembles and quakes.
– Beth Moore

NOTES

CHAIR TIME VERSE OF THE DAY

FOR REFLECTION: Why and how do I pray?

MONDAY – MARCH 13

□ READ MATTHEW 6:5-8

But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

– Matthew 6:6

TUESDAY – MARCH 14

□ READ MATTHEW 6:9-15

Pray like this: Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven.

– Matthew 6:9-10

WEDNESDAY – MARCH 15

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

– James 5:16

THURSDAY – MARCH 16

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

– 1 Thessalonians 5:16-18

FRIDAY – MARCH 17

But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

– 1 John 1:9

SERMON NOTES



A large grid of small dots for taking notes, consisting of 20 columns and 25 rows.

Now all of us can come to the Father through the same Holy Spirit because of what Christ has done for us.

-Ephesians 2:18

ASKING FOR A FRIEND

Prayer is your most important conversation of the day. Take it to God before you take it to anyone else.

When I pray, coincidences happen, and when I don't, they don't.
- William Temple

Is prayer your steering wheel or your spare tire?
- Corrie Ten Boom

There is not in the world a way of life more sweet and delightful, than that of a continual conversation with God.
- Brother Lawrence

If we truly love people, we will desire for them far more than it is within our power to give them, and this will lead us to prayer.
- Richard Foster

Prayer is a living conversation with a loving God, which means that we must listen as well as talk.
- Pete Greig

NOTES

CHAIR TIME VERSE OF THE DAY

FOR REFLECTION: How does God guide us?

MONDAY – MARCH 20

SCRIPTURE

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.

– 2 Timothy 3:16-17

TUESDAY – MARCH 21

SPIRIT

When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future.

– John 16:13

WEDNESDAY – MARCH 22

COMMUNITY

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

– Hebrews 10:24-25

THURSDAY – MARCH 23

REASON

“Come now, let’s settle this,” says the Lord. “Though your sins are like scarlet, I will make them as white as snow. Though they are red like crimson, I will make them as white as wool.”

– Isaiah 1:18a

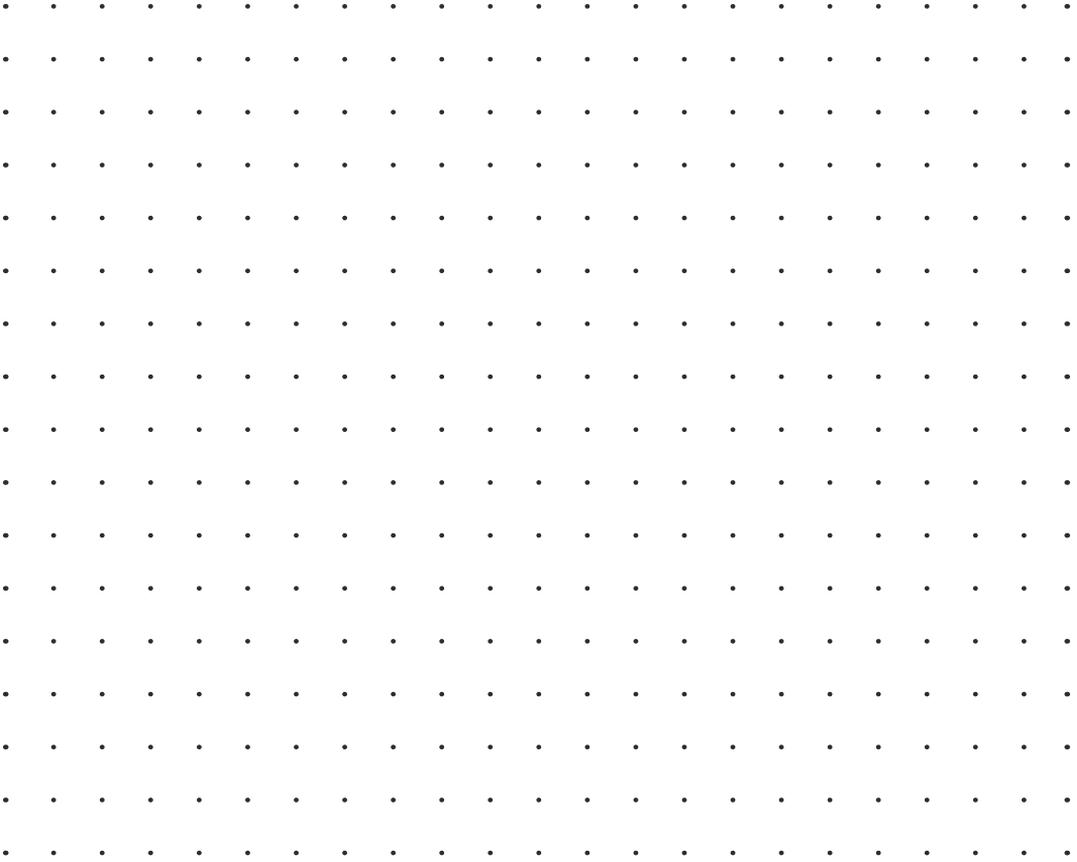
FRIDAY – MARCH 24

EXPERIENCE

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

– Proverbs 3:5-6

SERMON NOTES



And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn't looking for him and doesn't recognize him. But you know him, because he lives with you now and later will be in you.

– John 14:16-17

ASKING FOR A FRIEND

No other habit can do more to transform your life and make you more like Jesus than daily reflections on Scripture.

- Rick Warren

Learning to hear God's voice—His word and His whisper—is the single most important thing you will ever learn to do.

- Pete Greig

God guides us when we are prepared to do His will rather than insisting that our own way is right.

- Nicky Gumbel

God speaks by the Holy Spirit through the Bible, prayer, circumstances, and the church to reveal Himself, His purposes, and His ways.

- Henry T. Blackaby

God has willed that we should seek and find his living Word in the testimony of other Christians. Therefore, Christians need other Christians who speak God's word to them.

- Dietrich Bonhoeffer

NOTES

TABLE CONVERSATIONS

APPETIZER

Describe a time you felt lost or turned around. What did you do?

What is something from this week's sermon, and/or the Alpha video, that stood out to you?

MAIN COURSE

Where do you typically go for guidance in life? Why?

In this season, have you had a sense that God might be guiding you? How so?

How do you feel about the idea of God having a plan or calling for your life?

Read John 10:1-10 together as a group. How does Jesus say we can know to follow Him? What's the reward for doing so?

In Alpha, 5 different ways are given for how God might guide us: Commanding Scripture, Compelling Spirit, Counsel of the Saints, Common Sense, and Circumstantial Signs. Which of these do you feel like you've experienced the most in your life? Why?

Which of these do you feel like you have experienced the least?

How might the guidance that often comes from outside of these five areas sometimes cause conflict or confusion? Have you experienced this - if so, what did you do?

What are some things that we can do if we have made mistakes in our lives?

DESSERT

Choose one of the five areas of God's guidance to focus on this week. Which one did you choose? What is one way you can practice listening to God in that area?

What can this group be praying for you?

PRAYER LIST

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CHAIR TIME VERSE OF THE DAY

FOR REFLECTION: Who is the Holy Spirit?

MONDAY – MARCH 27

If you love me, obey my commandments. And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn't looking for him and doesn't recognize him. But you know him, because he lives with you now and later will be in you.

– 2 John 14:15-17

TUESDAY – MARCH 28

But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.

– Acts 1:8

WEDNESDAY – MARCH 29

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

– Galatians 5:22-23

THURSDAY – MARCH 30

There are different kinds of spiritual gifts, but the same Spirit is the source of them all. There are different kinds of service, but we serve the same Lord. God works in different ways, but it is the same God who does the work in all of us.

– 1 Corinthians 12:4-7

FRIDAY – MARCH 31

Again he said, "Peace be with you. As the Father has sent me, so I am sending you." Then he breathed on them and said, "Receive the Holy Spirit."

– John 20:21-22

SERMON NOTES



A large grid of small dots for taking notes, consisting of 20 columns and 25 rows.

But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.

– Acts 1:8

ASKING FOR A FRIEND

The Holy Spirit is both the presence and the power of God.

Oh, how glorious it is, that we should be born in such a time as this—when God is so powerfully present among us through His Spirit.

– Simon Ponsoyby

Our responsibility, in whatever context we find ourselves, is to be open to the Spirit instructing and empowering us to participate in that place to love our neighbor as ourselves.

– Simon Ponsoyby

If there is a secret to experiencing the fullness of the Christian life, it is this: we need the Spirit to empower us to live as God wants us to live.

– Scot McKnight

The Spirit guides, encourages, convicts, empowers, corrects, and transforms us.

Those in whom the Spirit comes to live are God's new Temple. They are, individually and corporately, places where heaven and earth meet.

– NT Wright

NOTES

CHAIR TIME VERSE OF THE DAY

FOR REFLECTION: Why did Jesus have to die?

MONDAY – MARCH 27

For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.

– Mark 10:45

TUESDAY – MARCH 28

Because God's children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a human being could he die, and only by dying could he break the power of the devil, who had the power of death. Only in this way could he set free all who have lived their lives as slaves to the fear of dying.

– Hebrews 2:14-15

WEDNESDAY – MARCH 29

For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.

– Matthew 20:28

THURSDAY – MARCH 30

But God showed his great love for us by sending Christ to die for us while we were still sinners.

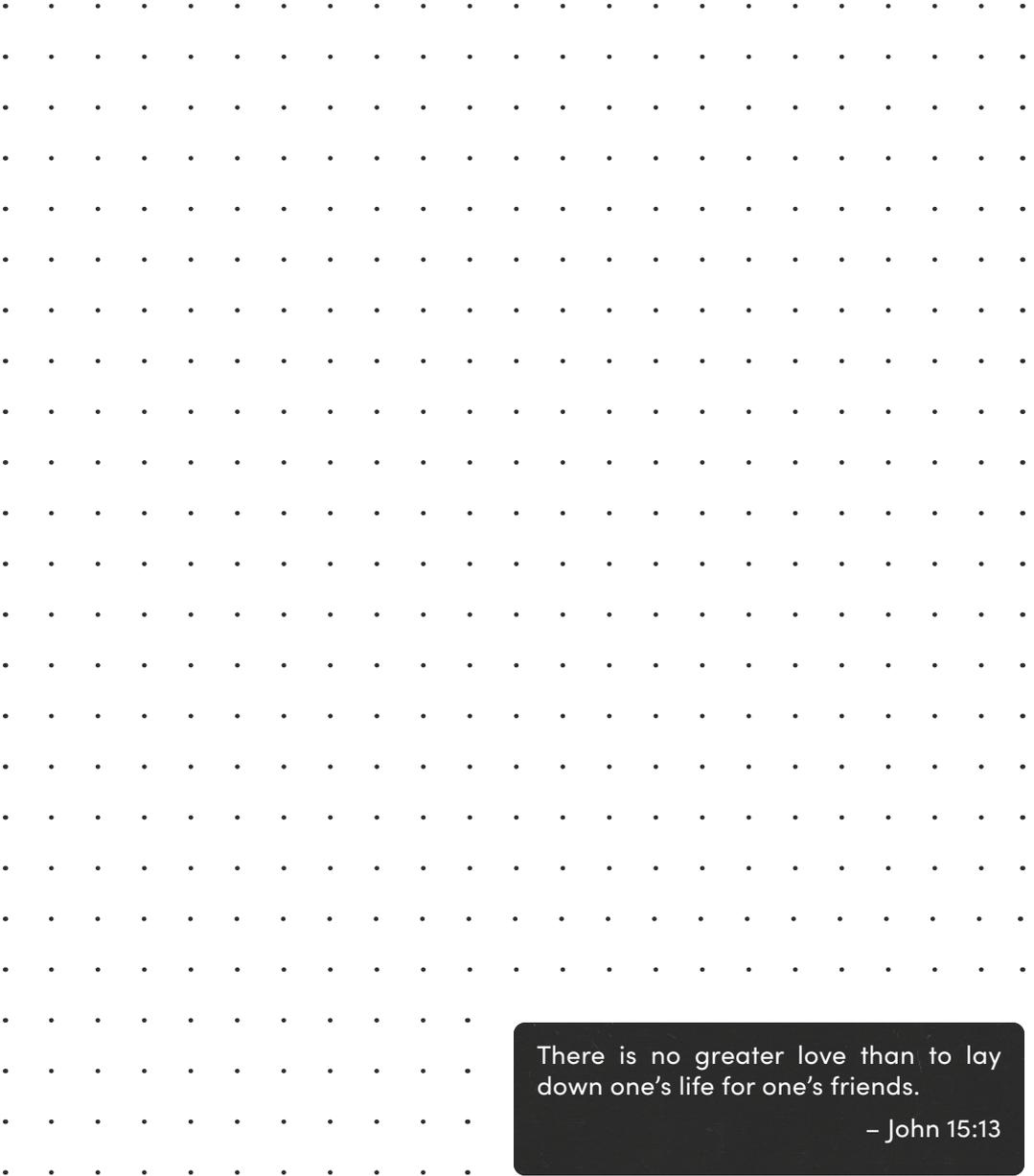
– Romans 5:8

FRIDAY – MARCH 31

For God in all his fullness was pleased to live in Christ, and through him God reconciled everything to himself. He made peace with everything in heaven and on earth by means of Christ's blood on the cross. This includes you who were once far away from God. You were his enemies, separated from him by your evil thoughts and actions. Yet now he has reconciled you to himself through the death of Christ in his physical body. As a result, he has brought you into his own presence, and you are holy and blameless as you stand before him without a single fault.

– Colossians 1:19-22

SERMON NOTES



There is no greater love than to lay down one's life for one's friends.
– John 15:13

ASKING FOR A FRIEND

It's the message at the heart of this universe. If you had been the only person in the world, Jesus would have died for you. It's as personal as that. He loves you that much.

- Nicky Gumbel

The Cross is not simply a lovely example of sacrificial love. Throwing your life away needlessly is not admirable, it is wrong. Jesus' death was only a good example if it was more than an example, if it was something absolutely necessary to rescue us. And it was.

- Timothy Keller

We are told that Christ was killed for us, that His death has washed out our sins, and that by dying He disabled death itself. That is the formula. That is Christianity. That is what has to be believed.

- CS Lewis

The crucifixion was the shocking answer to the prayer that God's kingdom would come on earth as in heaven.

- NT Wright

NOTES



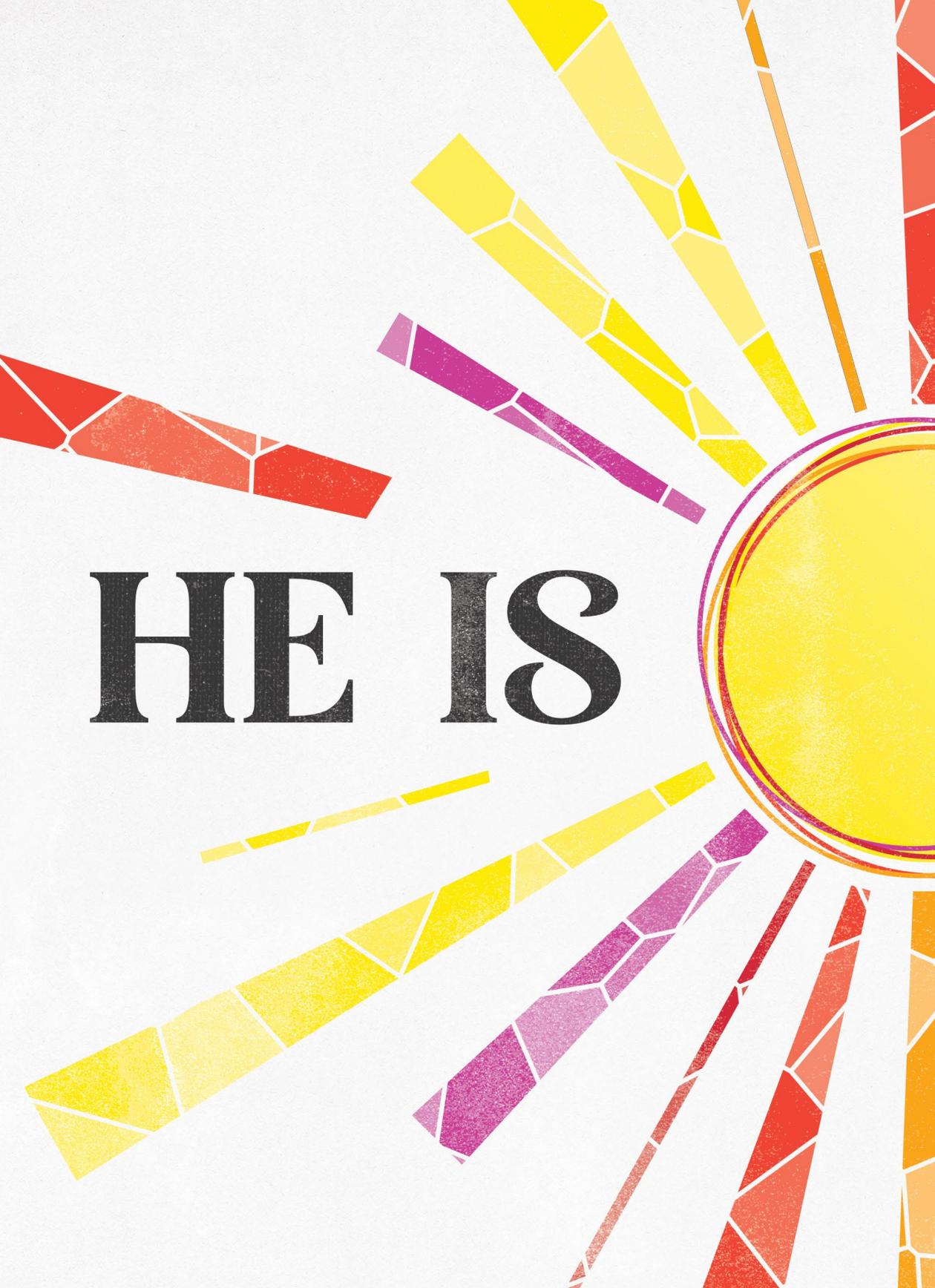
MAP OF HOLY WEEK



CITY OF JERUSALEM

1. Jesus sends disciples to get a donkey
2. Jesus is anointed by Mary
3. Jesus' triumphal entry
4. Jesus turns over the tables at the Temple
5. Jesus spends the night in Bethany
6. Jesus teaches in the Temple
7. Jesus and disciples eat Last Supper
8. Jesus prays in Gethsemane
9. Jesus is arrested
10. Jesus is interrogated by the High Priest
11. Jesus is interrogated by Herod & Pilate
12. Jesus is beaten by Roman soldiers
13. Jesus is crucified at Golgotha
14. Jesus is buried

HE IS

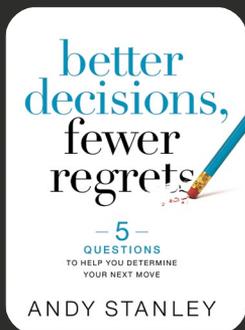




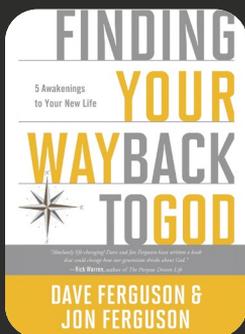
RISEN

BOOK RESOURCES

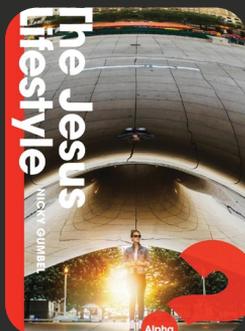
BETTER DECISIONS, FEWER REGRETS by Andy Stanley



FINDING YOUR WAY BACK TO GOD by Dave & Jon Ferguson



THE JESUS LIFESTYLE by Nicky Gumbel



BIBLE IN ONE YEAR



BIBLE PROJECT



PAUSE



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APP RESOURCES





baysidechurch.net
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