



January 1, 2017  
Valley Church

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The New You!

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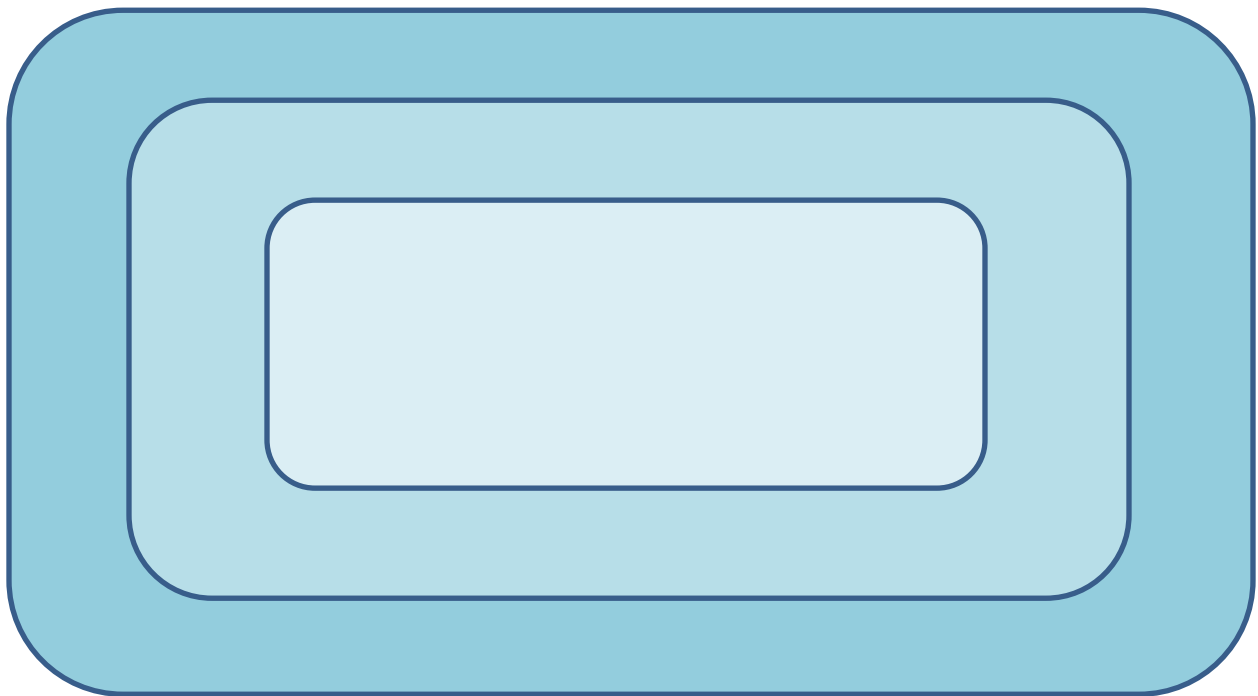
### Introduction:

Most New Year's resolutions are rooted in \_\_\_\_\_

God has wired us to crave the \_\_\_\_\_

John 3:3-6

### The Anatomy of the New You



### In Summary...

"And these three remain: faith, hope and love; but the greatest of these is love."  
(1 Corinthians 13:13)

1. The spirit has been \_\_\_\_\_ (faith → past tense)
2. The body will be \_\_\_\_\_ (hope → future tense)

## **SMALL GROUP Q'S**

### **Personal Life:**

1. Despite the fact that studies show the vast majority of New Year's resolutions go unfulfilled, making them is still wildly popular. Why do you think this is? What is your personal opinion about making resolutions? What might they tell us about human nature? Do they work? Are they a waste of time? Share your thoughts...

### **Ponderings:**

2. At Valley, we stress that living the Christian life is a journey of daily dependence upon Jesus, since He is the One who actually lives His life through us by the Holy Spirit. The journey is summarized by a walk of "faith, hope and love..." (1 Corinthians 13:13). Because this is the case...

...why is it so critical that we have faith (trust) in not only what Jesus has done FOR us (Him dying for us), but also in what He's done TO us (us dying with Him and raising us to new life?) – see Galatians 2:20; Romans 6:1-7; Colossians 3:1-3.

...try to restate in your own words the way in which faith, hope and love relates to being a three-part being of spirit, body and soul...

...how are faith, hope and love both a work of God's Spirit in you, and also a life in which you choose to willingly participate?

3. When Jesus explained to Nicodemus the necessity of being "born again," why was Nicodemus so surprised by this terminology? Do you think the average person who does not know Jesus understands that they are spiritually dead (separated from God as life) because of sin? Explain your answer...
4. Armed with the understanding that you are truly a NEW CREATION at the core of your inner being, how can this shape the way in which you begin your new year?

### **Promptings:**

5. Rather than making specific resolutions for the coming year, what if you focused, by God's grace, to explore and grow in your understanding and experience of the new person God has made you into? How might your life be different, more joyous or more fulfilling one year from now?