

## CONNECT GROUP DISCUSSION GUIDE

New Year, New You



### GETTING STARTED

What's a New Year's resolution you've made in the past that didn't last very long—or one that actually surprised you by sticking?

### THIS WEEK'S THEME

Read Luke 18:15–17

Why do you think Jesus says the Kingdom of God belongs to those who receive it like a child?

What qualities of children do you think most connect to experiencing God's kingdom now?

Read Luke 18:18–25

What do you notice about the ruler's question: "What must I do?" How does this story challenge the idea that closeness to God is earned through effort or accomplishment?

What "anxieties" or forms of self-reliance might keep us from noticing the Kingdom of God in our own lives?

Read Luke 17:20–21

What does it mean to you that "the kingdom of God is in your midst"? How does this statement disrupt our tendency to push peace, joy, or wholeness into the future?

Where do you notice "if/then" thinking in your own life right now? How might believing "the kingdom of God is now" change the way you approach stress, shame, or striving this year?

What would it look like to give yourself "permission to be human" in 2026?

### TAKING IT HOME

*This week, notice the moments when you feel the urge to hustle, prove, or fix yourself. Pause and quietly remind yourself: "The kingdom of God is now." Reflect on how releasing control—even briefly—changes your sense of peace, presence, or trust in God.*

### PRAY

God of grace, thank you that your kingdom is not something we earn, but something you give. Help us release our striving and receive your presence here and now, trusting that we are already loved and enough. Amen.