

Not Consumed



BY KIM SORGIUS



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What's in this Study?

- Day 1:** Why Change?
- Day 2:** New Mercies Every Day
- Day 3:** Assessing Myself
- Day 4:** Being Content in this Season
- Day 5:** Making Plans for the Future





Why Change?

DAY 1

Happy New Year! Today is the first day of a brand new year. The date on your calendar has CHANGED!

What year is it?

A brand new year is a reminder that almost everything in life changes at some point. The leaves fall off the trees when it turns colder. People grow taller. Animals loose their fur.

Can you think of any other things that change?













Sometimes people think change is a bad thing, but most of the time it's actually a really good thing. That's because change gives us the chance to make better choices. It gives us the chance to start fresh or start over.

Read **Isaiah 53:6**. How does the Bible describe people?

The Bible says we are like sheep who have gone astray. We've gone our own way and not obeyed God. The truth is, we all need to start over!

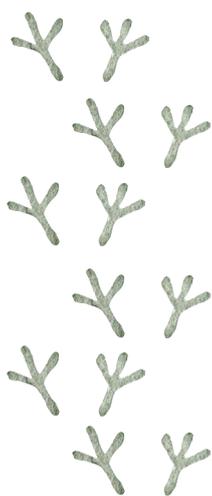
We need the chance to make BETTER choices.



Read **2 Corinthians 5:17**. Why does the Bible say we should want to change?

Isn't that wonderful? Jesus Christ died to make us new.

Are you a new creation in Christ? Write your testimony.



What are some things you've done this past year to go your own way and disobey God.

Pray and ask God to help you to want to change these things. Thank Him for sending the Holy Spirit to help you! Ask Him to help you to be ready to learn and change as you work through this Bible study.





New Mercies Every Day

DAY 2

Name some things you feel you failed at this past year.

Read **Philippians 3:13-14**. What does Paul tell us to do in these verses?

Our failures are in the past. We need to put them aside and press on to the goal that Christ has set before us.

Go back to the failures you wrote above and cross them out! As you do, thank God for forgiving you and putting them in the past.

What hope does **2 Peter 1:3-4** offer us despite our failures?

In verses 5-7, what does Peter tell us we need to seek after? Make a list.

1.

2.

3.

4.

5.

6.

7.

8.

In verses 8-10, if we do seek after those things, what benefit will it have for us?

It's easy to convince ourselves that we can not make things right. We are sure that God is tired of our constant failures. But the Bible says otherwise.

Write **Lamentations 3:22-23** in the space below.

This is my favorite verse of all time because it's the most beautiful reminder of God's love. EVERY single day His mercies are new.

His love never ends and He is always faithful. Even when we mess up!

Close today with a prayer thanking God for loving you even when you fail. Thank Him for forgiveness and new beginnings EVERY single day!

How does this make you feel?





Assessing Myself

DAY 3

So far we've talked about why God wants us to change and how He gives us mercy and forgiveness for our past failures. Now let's look at WHAT we need to change.

Read **Psalm 139:23-24** out loud three times as a prayer to God.

Ask Him to show you what He wants you to change this year.

Now let's look at some key verses and consider what God wants for our lives. Draw a line from the behavior that God wants from us to the verse where it can be found. *Hint: Some are used more than once.*

Romans 12:1

Matthew 5:16

Hebrews 10:24-25

I John 4:7-8

Philippians 4:8

Ephesians 4:25-32

Ephesians 5:15-21

be kind to one another

be thankful

forgive others

pure thoughts

speak the truth

healthy and strong bodies

love one another

use time wisely

a light for others to see

Are there any other verses that you can think of? List some other "fruit" that we would see in our lives if we are obeying God and following Christ.

Now write out several sentences that describe who you want to be in Christ.
Think about yourself spiritually, emotionally, physically, and relationally.

Who I Want to Be in Christ

Spiritually

Emotionally & Academically

Physically

Relationally
(friends and family)

Isn't it incredible to know that God will help you with each of the things you listed? Pray and thank Him for helping you. Ask Him to show you what steps to take.





Being Content in this Season **DAY 4**

Read **Ecclesiastes 3:1-8** and note some of the “times” or seasons of life mentioned.

Y	_____	Y	_____
Y	_____	Y	_____
Y	_____	Y	_____
Y	_____	Y	_____

Ecclesiastes was written by Solomon, a man who had absolutely everything from riches to wisdom, and yet he was still searching for more.

Note his conclusion in **Ecclesiastes 3:22**. What stands out to you in these words?

If there is a time for everything, that means sometimes things don't happen when we hope they will. Is there something in your life you cannot control that you wish would change? (*Maybe your family needs something like money, a car, a house, or even better health.*)

**Sometimes we want to
do something but it's just not time.
God asks us to wait.**

Read **Isaiah 40:31**. How does the Bible describe people who wait on the Lord?

Read **Psalms 37:3**. What does this verse tell you about waiting for the Lord?

When we wait for the Lord, we trust Him, because we know that His ways and His timing is better than our own plans.

But waiting doesn't mean that we should sit and do nothing. This verse reminds us to "do good" while we wait!

What are you waiting for right now (what do you hope that God will do in your life soon)? Write a prayer telling God about it and thanking Him that He has a season for everything.





Making Plans for the Future

DAY 5

What are your wildest dreams for yourself and your family this year?

Without a plan, we are not very likely to accomplish much. It's good to decide that there are some things we want to change in our lives like we did on Day 3, but now we need to make a plan as to how we will make those changes.

Read **James 4:13-16**. Before we make any plans, what do we need to remember?

We need to remember that God is in control of our plans and we are not.

But don't worry. That's a GOOD thing, because God's plans are even better than we can ask, think or imagine!

Read **Jeremiah 29:11** and write down what kind of plans God has for you.

Read **Romans 8:28**. What does this verse share about God's plans for us?

Even when it doesn't make sense to us, God's plans are for our good. He takes even the worst of situations and uses them for good in our lives. Isn't that an awesome promise?

Read **Proverbs 16:9**. What is your job when it comes to planning?

What is God's job?

Now stop and pray, asking God to show you what your plans for this year should be. Have your parents help you think of specific steps you will take to accomplish the things that you wanted to change on Day 3. Write them.

I want to change _____

Steps for making that happen:

- _____
- _____
- _____

I want to change _____

Steps for making that happen:

- _____
- _____
- _____

