

UNCHAINED

DISCUSSION GUIDE | WEEK 1

Introduction:

Each of us has a past; we all have memories we cherish & decisions we regret. It can be tempting to believe that you are defined by your past, but your past is not your whole story. God is doing something new, both in & through you. You don't have to be bound by the chains of your past; this can be the year you find freedom: the year that you get *Unchained*.

Scripture:

Isaiah 43:1 - "Do not fear, for I have redeemed you; I have summoned you by name; you are mine."

For More, Read & Discuss Isaiah 43

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Discussion Questions:

1. Do you have a resolution or goal for this year?
2. We often think about the parts of our life that we want to change, but what aspect of your life do you hope continues as it is? What part of your life feels like it holds the most hope & possibility?
3. Because God is always doing something new, we really shouldn't dwell on the past.
 - Is that something you struggle with?
 - How would your life be different if you were better at letting the past go?
4. God remains faithful even when we do not. When has God worked in your life even while you were far from him?

Take the Next Step:

What *new* work are you praying that God would accomplish in your life this year?