



## Week 1: Four Questions To Ask At Halftime

Perhaps your plans from the beginning of the year haven't gone as perfectly as you had hoped. But that doesn't mean the game is over. It's only *halftime*! And halftime adjustments aren't just reserved for sports. We can leverage them too. We can make some midyear adjustments right now that will impact the rest of our year. It's not too late to finish strong.

### Discussion Questions

1. What comes to mind when you hear the word "halftime"?
2. Remember January? How would you rate yourself with regard to the consistency toward your hopes and dreams for the first half of the year? What makes you choose this rating?
  1. Very Inconsistent
  2. Inconsistent
  3. Neither Consistent nor Inconsistent
  4. Consistent
  5. Very Consistent
3. **Read Hebrews 12:1–3.**
  - Who are some of your "heroes of faith" (people you've seen demonstrate faith in their lives)?
  - How have you seen bad habits and sin hinder and entangle you or others?
  - **Jesus looked to the "joy set before him" in his time of pain. What do you think that was (see John 17:1–5)? How did that help him?**
4. Paul used words like "run" and "endurance" to describe the effort needed for change. How does this differ from our expectations of the effort needed to make changes in our own lives? Why do you think this is so?
5. **What do you think it means to "fix our eyes on Jesus"? When we are dealing with the pain of change, how can focusing on Jesus help?**
6. What is one halftime adjustment you need to make? What is one step you can take this week?

### Moving Forward

We may have totally wrecked our plans from January, but there's still time. Take a breath. Assess. Make an adjustment. Ask yourself the following questions and then get moving. Halftime is over. Time to get back in the game!

- What habit is hindering me that I need to change?
- What thought is entangling me that I need to adjust?

- What joy would this change bring me by the end of the year?
- Today, how can I fix my eyes on Jesus?

