



## **Better #1 “This One Thing”**

My purpose is to give them a rich and satisfying life. John 10:10 (NLT)

*“Following Jesus will make your life better and make you better at life”.*

*~Andy Stanley~*

### **The Principle:**

- The CONSISTENCY Effect “Small Things Done Consistently Over Time Lead To Big Things.”

*“Commitment Will Get You To The Starting Line, Consistency Will Get You To The Finish Line.”*

### **The Problem:**

- All Of Us Have WEAKNESSES

*“Is The Area Of Life Where You Need Greater Consistency An Area Of Possible Weakness?”*

I thank Christ Jesus our Lord, who has given me strength to do his work. He considered me trustworthy and appointed me to serve him,<sup>13</sup> even though I used to blaspheme the name of Christ...“Christ Jesus came into the world to save sinners”—and I am the worst of them all.

1 Timothy 1:12 -13 & 15 (NLT)

### **The Pathway:**

Step #1. ADMIT Your Weakness

Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.” 2 Corinthians 12:9

*“Our Weaknesses Are Opportunities To Get Closer To God”*

Step# 2. ASK For God’s Help

“My grace is sufficient for you, for My power is made perfect in your weakness 2 Corinthians 12:9

*“We'll Never Believe God's Grace Is Sufficient Until We Believe That We Are Insufficient.” ~Jeff Henderson~*

Step#3. RELY On God's Strength Daily

*“When God's Strength And God's Power Consistently Meets Our Weakness We Grow.”*

For God is working in you, giving you the desire and the power to do what pleases him.  
Philippians 2:13

# Life Group Discussion Questions

- There are two categories of people: goal setters and non-goal setters. Which one are you? How has this trait helped or harmed you?
- We want this year to be better than last year. Pick one area of your life that you would like to be better in and describe what that part of your life looks like right now. Work – Faith – Health – Finances – Relationships. Discuss with the group why?

**Read 2 Corinthians 12:9–10.**

- Paul says he will “*gladly boast about his weaknesses*.” What’s the difference between just admitting your weaknesses and boasting about them? Why do you think Paul chose to boast instead of just admit them?
- When was a time you realized you were living out of your own strength
- How does asking for God’s help actually make us stronger?
- Paul concludes, “*When I am weak, then I am strong.*” In what ways can our weaknesses make us strong? Have you ever seen this truth at play in your life?
- Discuss the statement “*Following Jesus will make your life better and make you better at life.*” What would it look like for you to daily rely on Christ’s strength daily to help you be better and better at life?
- In the area of life you previously chose, what is one step you can take in order to be consistent? How can our group help?

## Moving Forward

When God's strength consistently meets our weaknesses, we grow. By admitting your weakness and asking God for help this year can be better. Choose someone this week to talk to one-on-one about your area of weakness. Ask them to pray for you as you learn to rely on God's strength to help you.

Source: Irresistible Church – Limited License Agreement  
Jeff Henderson “This One Thing”

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