



# 23 & ME

01.01.23

## Overview

Many of us have the tendency to look into 2023 with new goals, expectations, or resolutions. What if instead of looking ahead, we spent some time growing in our understanding of where we came from? This weekend, Pastor Jesse challenges us to view our past as a window instead of wall.

As we reflect on this idea, allow God space to reveal the parts of your past stopping you from moving forward. Look for ways your past is getting you stuck, and seek new insights that could help you grow in this coming year.

## The Walls We Build

**Read Exodus 3:9-11 and 4:10.** Moses was quick to use his past as a reason not to follow God's plan for his future. What are some ways you've seen that pattern in your own life? Why do you think it's easy to embrace this excuse?

Reflecting on your own story, what parts do you frequently rehearse that may be building a bigger wall?

## The Walls Built for You

**Read John 1:43-46.** Pastor Jesse highlights Nathanael's response after hearing Jesus was from Nazareth. Just like Jesus, there's often part of our story (like where we're from) that defines our past through no fault of our own. What part of your story fits into this category?

## Partnering with Jesus

**Read John 4:4-26.** In this story of the Samaritan woman at the well, Jesus demonstrates he is not put off by our past. We do not need to hide it, fix it, or justify it to him. What holds you back from believing this fully?

Pastor Jesse also stated, "Jesus can scale the wall of our past. It's not up to you to climb out to him." Is there something in your life that seems "too big" for Jesus? What would it look like to fully surrender that part of your story to him?

How might God use your story to bring him glory or contribute to the good of others? Spend some time in prayer asking God to show you what this could mean for you in 2023.

