



Week 1

1. Think of a season when you felt stuck spiritually. What was holding you back, and how did God help you move forward?
2. What do [Ephesians 2:10](#) and [Philippians 1:6](#) teach us about God's purpose for our lives and His commitment to completing the work He started in us?
3. When you think about [Matthew 11:28–30](#), is there a burden, hurt, disappointment, or regret that you need to place in Jesus' hands so you can move forward?
4. According to [Psalm 27:1](#) and [Romans 8:15](#), how can we best move beyond fear and step towards hope?
5. [Matthew 28:19–20](#) is the primary mission for every Christian. How is God using you to uniquely accomplish this mission, and what can you do to stay on mission this week?