

# WEEK 3

## SMALL GROUP GUIDE

# GOALS

We all have goals! Whether your goal is to raise your grades, learn a new skill, get TikTok famous, change the world, or all of the above, there are things you want to do, accomplish, and become. But let's be honest — it's not always easy to achieve our goals. Sometimes it's difficult to even know which goals to set in the first place! That's why, in this 4-week series, we'll explore the story of a guy with a seemingly impossible goal and the steps he took to make his goal a reality. His name is Nehemiah, and because of his example we can learn a lot about goal-setting, decision-making, leadership, and trusting God. Through Nehemiah's story, we'll see that **big difficulties** can inspire God-sized goals, **you are designed** for God-sized goals, **God gives us strength** to pursue God-sized goals, and God-sized goals require **God-sized gratitude**.

### THIS WEEK

## THE BIG IDEA

God gives us strength to pursue God-sized goals.

## THE BIBLE

Nehemiah 3, 4:1-23, 6:9; II Timothy 1:7;  
Philippians 4:13

- What's the most difficult goal you've ever accomplished?
- What's one difficult goal you're working on right now and what "ROAD BLOCKS" are you currently facing?
- What are some of the ways we might face opposition when trying to achieve a goal?
- Are you ever your own biggest obstacle when trying to complete a goal? Tell us how!
- What's one way Nehemiah dealt with opposition? How can you apply that to your own life?
- How can opposition help our faith grow stronger?
- What's one way God gives us strength when things get difficult?
- Read Philippians 4:13. Do you think God gives us strength to complete every goal we set? Why or why not?
- Think about a goal you're working on right now. Which of the following is difficult for you? Why?
  - Asking for God's help.
  - Getting help from other people.
  - Resting.
  - Not getting distracted.
  - Persevering.
- What's one reason you need God's strength this week and how can our group help?

### ACTIVITY

Spend a few minutes using the **SMART goals Activity for Teens** sheet provided to help you with your goal-setting and to keep you focused, motivated, organized, and productive. Look up habit trackers, or your favorite to-do list apps. Then brainstorm ways you can help each other stick with your goals — the God-sized ones and the everyday ones too.