



[Teacher's Note: Change "new year" to "beginning of the month/school year/summer etc.]

We are so glad you are here today! Let's dive right in! We're starting off the year right with a series called "The Reset." Do you know what it means to reset? I'll give you an example. When I was growing up and playing video games, there would be times when the games stopped working. So, do you know what I'd have to do? I'd have to take the disc out of the computer, wipe it off, blow on it, and give it a good old reset. Nowadays, the only thing reset is your Wi-Fi!

In all seriousness though, how many of you could use a reset? Maybe you need a reset in a friendship that isn't going right, or maybe your grades so far this school year aren't what they should be. Maybe you look back at the past two years of your life and think, man I could use a reset of those years. I would've done some things differently. Think about how you spent all of that time locked in your house during Covid! Is there anything you would've done differently?

I think the beginning of a new year is a great time to press reset on some areas in our lives. A fresh beginning. A clean slate. But here's the deal: ***In order to reset for the future, you first must replay the past.*** Let's take some notes during this series. Write that down in your journal or notes app: in order to reset for the future, you first must replay the past.

Is anyone worried by the idea of replaying the past? Yeah, me too. Honestly, there are things in our lives that we definitely do not want to replay. But at the same time, there are plenty of things that we'd love replay: maybe it's a special moment you shared with family, a crazy sports play you were part of. Maybe you saw something happen that no one would believe but you didn't catch it on video.

I love replays. I'll spend an hour on Facebook (I know, I'm old) watching replays.

[Teacher's Note: Find videos on YouTube/Facebook that relate to your group. We're in Philadelphia and at the time there was a big Jake Paul Fight. However, I would consider avoiding Andrew Tate boxing clips.]

In fact, I brought three pretty amazing replays to show with you tonight:

1. Jake Paul Fight [Teacher's Note: YouTube "Jake Paul Knockout"]
2. Eagles Superbowl [Teacher's Note: I showed a clip I took when the Eagles won the Super Bowl.]
3. Marriage [Teacher's Note: I showed a clip from my wedding day.]

A replay is watching something that's happened in the past. Sometimes it's a highlight, memorable moments. At other times, they are moments you wish you could forget: heartbreak, loss of a loved one, sitting on the bench all season, fights with your family. The list goes on.

[Teacher's Note: personalize the next paragraph to fit your upbringing/ideas about heaven].

I don't remember who told me this when I was a student, but I had this wrong idea that one day when I got to heaven's gates, God was going to pull down a projector screen and replay all of the bad things I've ever done on a projector for everyone to see. I've grown since then, and realize that God doesn't see me with my faults but through the precious blood of Jesus, Hallelujah!

But let's go with it for a minute: imagine if tonight, we replayed some scenes from your life in the past two years. Maybe we'd see some exciting moments you've lived through, hopefully youth group is there, maybe you got a great grade on a test you weren't expecting, or you got a really great tan at the beach; whatever it might be.

But the thing about replays is that they aren't always just the good things:

maybe your replay has a season of depression or anxiety that you experienced during quarantine, or the loss of a family member or friend, or a rejection from a sports team. Maybe you didn't get that Christmas present you really wanted.

Think about some of those replays in your life right now. What if we did an ESPN Top 10 Sins you've committed over the past two years? Who would have the greatest replay there? Just kidding. But let's think about it because remember, we need to replay what's already happened in our life to reset for the future.

So, you went back to school in September, and you started looking for acceptance from a group of people after realizing in the summer that God is the only person you need acceptance from, and you have it. But you started giving in to temptation to party or drink or do drugs. Or you've looked at stuff online or in real life, when no one was watching, that you shouldn't have. Or you thought or talked badly about people; gossiping, bullying, taking part in inappropriate jokes. Maybe you stopped reading your Bible every morning, or you sleep in on Sundays. I might be that you stopped talking to God and started relying on yourself or others. Replay in your mind right now some of those things that maybe you've given into over the past few months or years.

Replaying the past allows you to reset for the future. Now, I'm not saying that we should sit around dwelling on the past and beat ourselves up for all of the sin we've committed. That is not Christianity. Our goal here is not to make bad people good. Our goal is to see God make dead people live. But we need to realize that God doesn't want us to continue in sin, in our anxiousness, in our wandering away from Him.

Paul, someone in the Bible who did some really bad things; killing Christians being on the top of that list, said this after God saved him:

"I focus on this one thing: Forgetting the past and looking forward to what lies ahead." - Philippians 3:13 (NLT).



1. *Leader: Go around in the group and say your names. Give students a chance to tell their favorite joke.*
2. What goals do you have for your life? What are you doing to achieve them?
3. Today's message was about getting practical when it comes to a daily reset. What stuck out to you?
4. Would someone please read Colossians 3:5-9?
 - a. What things does Paul say we need to "dethrone"?
 - b. What thing or things are God telling you that you need to "dethrone"?
5. Would someone please read Joshua 1:8?
 - a. What does this verse say we need to fix our focus on?
 - b. What is fixing our focus on God's Word so important?
6. Is there a lie you've been believing that God wants to replace with the truth? (*Leader: Help guide a time where you and your students help replace the lies they've been believing with the truth. Remember, point them back to the truth found in God's Word!*)

[Teacher's Note: If you plan to have small groups use the "Practical Ways To Daily Reset" PDF file, send them the paragraph below in your communication.]

"Leaders - during small group, you will have the opportunity to walk through a handout we've printed for each student. The handout is called "Practical Ways to Daily Reset." Make sure to take some notes during the message so you understand what each of the sections is implying. Challenge your

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students to keep these handouts with them as a continual reminder of what it takes to RESET. I'm thankful for you!"

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