

How to Reset Spiritually

Word

Scripture Reference

John 21:1-17

Discussion Questions

1. What are you thankful to the Lord for the past year? What particular guidance do you need from Him as you face the New Year?
2. *Reset* means to adjust something to make it ready to work again. Do you sometimes feel that you are stuck in your spiritual walk with the Lord and need to be reset? Read John 21:1-17. This passage gives us three lessons on how to reset our spiritual life and get back to the Lord. First is that spiritual reset happens when you depend on the Lord (v. 1-8). John gives us an account of Jesus' disciples who went back to their profession after Jesus' death. Professional fishermen as they were, they didn't catch anything. What could have gone wrong that they caught nothing? What did Jesus ask them then and tell them to do (v. 5-6)? What amazing thing happened when these disciples did what Jesus had told them to do? Examine your walk with the Lord. Did something change when you recognized Him as your Lord, like what happened to John (v. 7), and depended on Him? Discuss why it is sometimes quite difficult to see God bringing about changes in your life. Share about an event in your life when God had miraculously provided for a special need.
3. Secondly, spiritual reset happens when you fellowship with the Lord (v. 9-14). It must have been frustrating memory to the disciples, working all night yet catching nothing. But coming home to an already-prepared breakfast must have been a more memorable experience. Having a meal together was a real fellowship for them and Jesus. Discuss the importance of fellowship with other Christians. When do you encounter or experience fellowship with Jesus? What steps can you take to have this encounter with God?
4. Thirdly, spiritual reset happens when we deepen our love for the Lord (v. 15-17). Peter needed to reset his relationship with the Lord after he denied knowing Him three times. Jesus knew that Peter needed to be reaffirmed of his relationship with Him. What did Jesus ask Peter three

times? Discuss what Peter must have felt after he was given an opportunity to tell Jesus that he loved Him? How often do you express your love for the Lord? Does your love for Him show? Share how you deepen your love for the Lord.

Walk

As you welcome the New Year, do you need to press the reset button on your spiritual life in order to restore it to optimum level? Evaluate your relationship with the Lord. Find out if you honestly depend on Him, if you take time to spend and fellowship with Him, and if you take actions to deepen your love for Him. Think of ways you can demonstrate your love for Jesus.

Worship & Prayer

Heavenly Father, thank You for being the God who gives rest to weary souls like mine. I'm tired, Lord. Tired from work/school/family, from relationships, from responsibilities, from making mistakes, from trying to do good. But in You I find safety in letting go of worries, anxieties, because where I am weak, You are strong. In you I find hope because You are the God of second chances. Thank You for being my constant source of hope, love, comfort, encouragement, joy, and peace. The past year was difficult, and the future may even be more so, but in You I put my trust and find rest. Thank You, Father. May my life be an acceptable offering of thanks for the many things You've given me. In Jesus' name. Amen.