RE:LEARN

A new way of thinking & doing

Have you ever experienced not being able to do something correctly??

How did you feel about that??

Did you try again, or did you just decide that you would never be able to do the thing??

How many failed attempts do you think you could bear to experience while you tried to do something better, before you gave up?

Would you even try as many times as it says in Proverbs 24:16?
'for though the _____ fall _____ times, they _____ again, but the _____ _____ when calamity _____.'

? How willing are you to attempt to get better at something if it meant you had to get it wrong a number of times first?

? What are some of the things / barriers that stop you from trying to do something again?

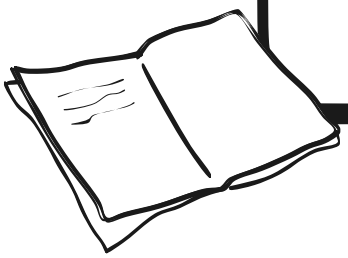
? List some things you can't yet do but would like to?

_____

_____

_____

There was a shark and fish swimming in a tank together, however the shark kept attacking and eating the fish. Then a glass barrier was put in the tank with the fish on one side and the shark on the other. As the shark tried to eat the fish, it kept crashing into the glass. The shark kept experiencing failure to reach its goal (and a sore head in the process!) and stopped trying to eat the fish. The glass barrier was removed, and the fish swam again in the same tank with the shark with no barrier between them, but the shark never tried to eat the fish. The barrier had changed the way the shark thought and even though there was no barrier anymore, the shark thought it was still there.



Think of a specific time when you were like the shark and there was a barrier that made you give up completely and not try again.

? How did you move on from that experience?

Now think of a time when you experienced something that **was** difficult, but you kept trying and ended up being successful.

? How has that changed how you approach challenging things?

SMART GOALS

Have you ever heard of SMART goals?
We are going to use them to **re:**learn and **re:**focus our way of thinking to be able to move towards and over the barriers we may have.

The goals should be:

Specific	Clear, defined, contains details, what is to be accomplished?
Measurable	To track progress and know when the goal has been achieved. What are the performance markers?
Achievable	Is it realistic and within your capabilities to achieve? What skills and resources do you need?
Relevant	Does it fit with your values and aims, think of future goals too. Why is it important to you?
Time-based	Make a specific deadline / timeframe to have something to aim for and keep you on track.

An example of a SMART goal is this:
To run 5km without stopping, before February 24.
I will make a training plan that I can tick off that leads up to, and beyond February 24, so that I can keep track of what I do and keep running after the deadline. I want to become fitter and healthier and running is a cheap and accessible way for me to achieve this.

Now it's your turn!
Write a goal about something that you want to achieve that you have found difficult to do.

_____

_____

Now write some specific information about your goal to keep you focused.

Specific	
Measurable	
Achievable	
Relevant	
Time-based	

List some Bible characters who failed multiple times.

_____

_____

? Why and how did they fail?

? Is there a common reason?

? Did they succeed in the end? How?

Read **Psalm 37:23-24** and fill in the blanks for **V24**.
'though he may _____, he will _____ _____, for the Lord _____ him with his _____.'

? How can you / have you felt God hold you up when you have stumbled?

Read **Mark 16:1-4** and fill in the blanks for **V4**.
'But when they _____ up, they saw that the _____, which was _____ _____, had been rolled away.'

The stone was a barrier of sorts and is noted to have been very large - so large that they wondered how it would be moved!

? If **that** barrier can be moved, what does that mean for you in your life and how God can move or even **re:**move the barriers that stand in **your way**?

? What are some differences between a glass barrier and stone barrier?

Glass barrier	Stone barrier
o	o
o	o
o	o

Now think in terms of barriers or difficulties you experience in your life and see if they are a glass wall or a stone wall.

? Does that change your perspective on how you can approach these hard things?

Write an encouraging sentence for you to **re:**member when you feel like giving up, to help **re:**train the way you think.

_____

_____

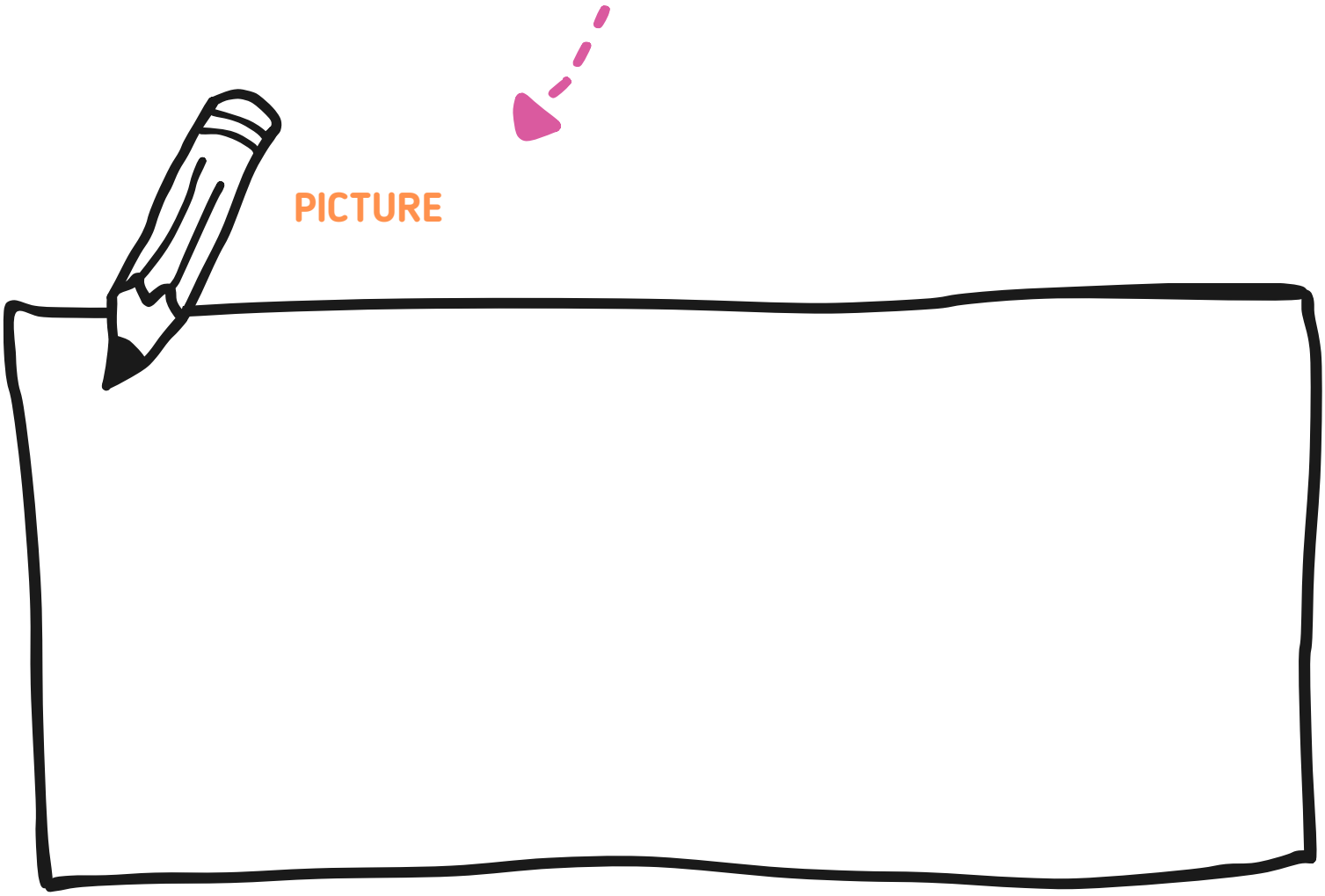
List some people who you can rely on and trust to hold you accountable to your goals and maybe even help with them.

_____

? What habits do you need to **re:**learn?
How will you do that and why do you need to change them?

? What is worse in your opinion – giving up on yourself or someone giving up on you? Explain.

? What are some thoughts and feelings that you have about the fact that God never gave up on humanity and never gives up on you?



Draw something to represent your thoughts and feelings after this moment together. Or, if you are not thrilled about drawing, go back through today's gathering and use a colour or symbol, underline or circle the words that stood out to you. Is there a theme in what you noticed?

SONG

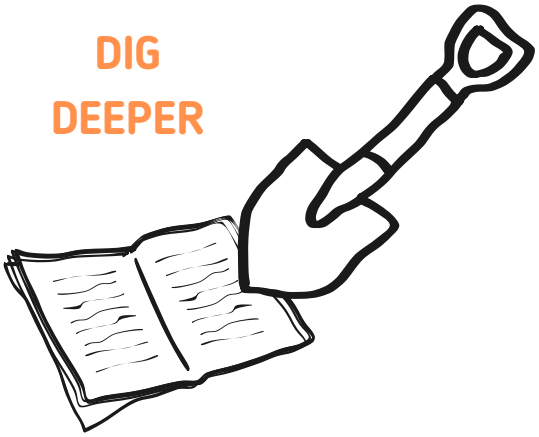
Build a Boat - *Colton Dixon*

QUOTE

"Failure is success in progress."
- *Albert Einstein*

*"I didn't fail 1000 times.
I found 1000 ways it didn't work."*
- *Thomas Edison*

DIG DEEPER



Extra verses to extend the exploration!

- Romans 8:26-28
- Proverbs 26:11
- Ephesians 4:20-24

PONDER

- What ways of thinking do you want to **re:**learn and how will you do that?
- What do you want / need to **re:**learn about God??

WORD

Summarise this time together in 1 word or sentence.
*What is something you want to **re:**member?*

Use this word now in a short prayer between you and God.

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