



#LIFEHACKS

1

HOW TO START WELL

focus on **who**, not just **what**

PROMISE

What am I starting?

Who do I want to be?

What should I resolve to do?

What will the test be for this?
(What to do and how long to do it?)

Who will I tell? (Who can help me and who needs convincing?)

What will success look like? (And how will I measure it?)

PLAN

Decide who you want to be. Then make a Promise, make a Plan, and trust God to make it work.

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1. How to Start Well

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read Daniel 1

8 But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself in this way.

- What do you find most impressive about Daniel's story? What parts of his experience resonate most with your own experience, as someone trying to follow God in an unsympathetic environment?
- This week's Life Hack is 'Focus on who, not just on what'. Is this something that you agree with? How did Daniel work this principle out in his situation? How are you working it out in yours?
- Are you at a starting point right now (new relationship, new job responsibilities, new phase of life)? If so, what are the challenges for you? What's at stake?
- The Babylonians tried to redefine Daniel's identity and make him conform to their values. In what ways do you feel the same pressure from others – at work/university, from friends, from family/partner? What kind of promise and plan do you need to make for yourself?
- Make a Promise, make a Plan and then trust God to make it work. What does trusting God to make it work look like for you right now? Are you living to 'seek first God's kingdom and righteousness' and trusting your Heavenly Father to add 'all these things' to you?

Take some time to pray in twos and threes together. Pray particularly for those that are at one of those starting points of something new. Share any promises and plans that you're beginning to think through. Pray that God would use your principled choices to draw others to faith, just as Daniel did in Babylon.