



Part 7 – Today Is Tomorrow’s Yesterday *Make Your Future Bigger Than Your Past*

Personal growth is a lifelong process that shapes the ultimate outcome of your experiences. However, your experiences result from how your internal mindsets and beliefs interact with external events. External events happen to everyone, but your experience is unique to you, shaped by the meaning your mind assigns to them. Today's message will help put you on the path for personal growth that positions you for your unique purpose.

Discussion Questions To Ponder:

- Are you spending more time remembering who you were, explaining who you are, or preparing for who you could become?
- Which has the stronger hold on you: a past failure you cannot get beyond or a past success you keep returning to? How does it influence your choices today?
- What have you been calling “someday” that needs a place on your calendar? What makes getting started difficult?
- Who could benefit from your decision to grow? How might greater patience, courage, wisdom, or faithfulness affect your family and community?
- What do I need to develop in myself to support the goal I am asking God to help me pursue?

Weekly Reading

Genesis 1:26-27; Psalms 1:1-3, 90:12, 92:12-15; Romans 12:2; James 1:5; Philippians 3:12-14

CHALLENGE & ACTION STEPS S-T-A-R-T

Your Challenge is to choose one area of growth and START Today.

S – Select one area - Choose one quality, relationship, skill, or responsibility that needs growth.

T – Take a small step today - Complete one meaningful action before you go to bed tonight.

A – Assign a daily appointment - Put a realistic 5–15-minute practice on your calendar for the next 7 days.

R – Record Your Progress - Each evening, write: “Today I practiced _____. I learned _____.”

T - Tell someone - Share your commitment with a trusted person and arrange a check-in at the end of the week.

Some examples of a first step:

Pick any of the nine fruits of the Spirit: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness or self-control.

My Personal Commitment Statement

“Because my days matter, today I will begin _____.”

For the next seven days, at _____, I will practice _____.”

At the end of the week, ask: “What changed because I started? What will I continue?”

My urgency is an invitation to begin with what I can do now. If I miss a day, it’s a reason to resume at the next opportunity.

By tonight, today will be part of your history. What beginning do you want it to contain?