Study/Discussion Questions for "A Fresh Start"

1. In the past few years where has pain preceded a fresh start in your life? Perhaps you are in the midst of significant pain right now. What is the root of that pain?

2. Where do you tend to become too self-focused to see beyond your own agenda? (Hint: Reflect upon how you handle stressful circumstances.)

3. How did you respond the last time somebody tried to point out something negative in you that you were blind to or simply choosing to ignore? If you should have responded better, what should that response have looked and sounded like? What would have been some of the advantages to a better response?

4. What are some of the reasons that people cannot let go of their past?

5. Isaiah's fresh start totally changed his outlook and gave him fresh courage. Commitment is energizing, but why then do people avoid it?