

Small Group Guide

Week of
January 5, 2025

Fully Alive

The Enemies
Tactics



Icebreaker



- What's the strangest diet or health trend you've ever heard of or tried?
- What's one New Year's resolution you made and kept—or hilariously failed at?



Discussion Questions



- Reflecting on Daniel 1, what stands out to you about Daniel's resolve to honor God in a challenging environment?
- Different diets were mentioned, "spiritual cotton balls, tapeworms, and baby food." Which of these metaphors resonates most with your spiritual life right now, and why?
- How do you stay focused on what matters most—like Daniel did—when surrounded by distractions or comfort?
- The passage in Daniel 1 emphasized the enemy's tactics, particularly counterfeits and captivating distractions. How have you seen these play out in your life or culture?
- How does balancing "resolve" and "rest" apply to your walk with God? Are you more inclined toward one than the other?
- The idea of being "captivated by the Creator over creation" was mentioned. What practical steps can you take to shift your focus to God this week?
- The next generation is key to shaping the future. How can you invest in younger people in your life, whether spiritually, relationally, or practically?
- Jesus Over Everything - What area of your life do you need to submit to Jesus this year, and how can our group support you in this?



Thought for the Group



We all know how easy it is to get caught up in the noise of life, right? The world is constantly offering us things that promise happiness—success, comfort, or the latest trends—but they never really satisfy. That’s why Jesus’ words in John 6:35 are so powerful: “I am the bread of life. Whoever comes to me will never go hungry.” He’s the only one who truly fills the hunger in our souls. We looked at Daniel’s story in Daniel 1. Imagine being in his shoes—taken to a foreign land, pressured to conform, and offered all the luxuries of Babylon. Yet, Daniel made a bold decision: he resolved not to defile himself. He stayed true to God, even when it would’ve been easier to blend in.

How relatable is that? We’re all faced with situations where it feels easier to compromise or take the easy route. But Daniel shows us that faithfulness to God is worth it, no matter the cost.

How often do we let things like comfort, success, or even our busyness distract us from God? Those things might feel good for a moment, but they’ll never satisfy us like Jesus can.

Resolve means we set our hearts on following God, like Daniel did. But we’re not doing it in our own strength—it’s about resting in God’s power and trusting Him to provide the breakthrough.

The phrase “Jesus Over Everything” keeps coming up because it’s the heartbeat of our faith. When Jesus is truly over everything—our struggles, our victories, our plans—we find the freedom and purpose we’ve been searching for.



Next Steps



- This week, take an honest inventory of your spiritual “food.” Identify one distraction or compromise. Replace it with something that nourishes your spirit.
- Identify one younger person in your life—a child, mentee, or someone in your community. Take an intentional step to encourage their faith this week.