

# One Act

## The Point

Come up with one thing you want to do, accomplish, become, or change this year.

### Leader Notes

Help your students identify what they want most this year. Make sure they go deeper than, “I want a new car,” or “I want to get a boyfriend.” Try to help them come up with something that is personally life-defining for them, or some area they want to grow in this year. Once they’ve come up with that thing, help them to identify what actions, behaviors, or habits they need to start now to end up where they want to be.

### Talk It Over

1. Ice Breaker: If you could do one thing better than everybody else what would it be and why?
2. What did you think about week three of *Challenge Accepted*? What did you like? What didn't you like? What stood out to you most?
3. What's one of your good habits? How did you develop that habit?
4. What's one bad habit you have? How did you develop that habit?
5. What's something you've done or do that has defined you or has influenced how people view you? Why do you think that is? Are you okay with that? Why or why not?
6. Read [Philippians 4:13 NLT](#) out loud together.
7. What do you think that verse means and is talking about? What would that look like in your life?
8. What is one thing you want most, or want to do, or be about this year? Why that thing?
9. What action, behavior, or habit do you need to do now in order to end up at that result you want most this year? How will you begin to do it?

### Switch Group Questions

1. Ice Breaker: If you could do one thing better than everybody else what would it be and why?
2. What did you think about week three of *Challenge Accepted*? What did you like? What didn't you like? What stood out to you most?
3. What's one of your good habits that you need to do more? Why? How can you do that more?
4. What's one habit that you need to quit or stop doing? How will you do that?
5. What's something you feel like God is calling you to do this year? Why do you think He's calling you to that?
6. Read [Philippians 4:13 NLT](#) out loud together.
7. What do you think that verse means and is talking about? What would that look like in your life?
8. What is one thing you want most, or want to do, or be about this year? Why that thing?
9. What action, behavior, or habit do you need to do now in order to end up at that result you want most this year? How will you begin to do it?

### Group Challenge

Start doing that good habit now, and make sure to keep doing it.