

REFLECTION QUESTIONS

- The quote, “We don’t rise to the level of our goals, we fall to the levels of our systems” is very eye opening and challenging. What are some goals that we have as a family/marriage/individual that if we were to be honest have an unhealthy system? (Example: Goal of quality time together. System of watching TV for hours.)
- Pastor Scott shared a personal system of his (doing exercises at night) that turned out not to be as good as he hoped for. Are there any systems in our family/marriage/lives that are not living up to the potential that we thought they would?
- Those systems that aren’t working as well as you thought might need to be reevaluated. There is nothing wrong with failing, but there is something wrong with not trying again. How can you change your system and give it a “Fresh Start” like Pastor discussed in the video?
- At the end of the video pastor encouraged everyone to add 1 new system that will help you as a family grow closer to God together. What is one system that you can add every week to help you do this? (Commit to weekly church attendance, learn a bible verse every week, pray together before bed, etc.)