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FF5  
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Album Title & Record Company:

EL COMPADRE  
WORD ENTERTAINMENT

Video Title:

THIS IS MY YEAR (MATOMA REMIX)

Study By:

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## Themes

Commitment, Dreams and Desires, Attitude

## Objective

Help students realize that each day is a new chance to get or stay on “the right track.”

## Warm Up

- How many of you make New Year's Resolutions?
- Anyone want to share their resolutions?
- How many of you have kept this year's resolutions up to this point?

## Transition

Here's a few funny tweets about New Year's resolutions:

- Already broke my New Year's resolution to not cry in a Taco Bell bathroom.
- I'd love to say “New Year. New Me” but I'm only 2 stamps away from a free meal with my KFC loyalty card. Would be silly to ruin that now...
- My resolution is to work on my low self-esteem, but I don't think I can do it.
- #NewYearsResolution – Increase my relationship status from “Forever Alone” to “Slightly Desperate”
- My New Year's resolution is to be more assertive, if that's okay with you guys?

By the second week of February most New Year's Resolutions have failed – according to US News and World Report. Change is hard – but starting right now, I can strive to be a better me.

## The Video

Listen to the positive words of this video as it encourages us to be the best we can be. This video is a remix – it is a better version of its previous self. Think about that as you watch the video. And think about what your remix will be like.

## Bible Study

This is the new me. This is my year – beginning right now!

### Lamentations 3:22-23

What does it say to you? To me, it says that God gives us new mercy every day. Each day we can start over. We can leave the past in the past and start over. Maybe you have set goals to have a better relationship with God. That's an admirable goal. Paul set a goal like that but he admitted he hadn't met his goal yet but he never gave up.

### Philippians 3:8-14

- What was Paul's goal?
- What are your goals?

## Wrap Up

Does anything keep you from having a goal like Paul's to know God better?

The great news about goals in our Christian life is that even if we fall short we can get back up and try again. As the FF5 video says, this is my year. Starting right now let's commit to doing great things for God as individuals and as a group.

(At your discretion you can discuss setting some goals for the group as you wrap this up. You may even want your group to split into smaller groups of two or three people of the same sex to discuss goals and recommend that each week these same people hold each other accountable for the next month as they start on this path.)