

DO THE NEW YOU

CATALOG | MIDDLE SCHOOL EDITION

WHAT'S GOOD, ELEVATION YTH!

Welcome to a study that has the potential to change your life.

Yeah, that's a bold statement. But it's true.

For the next seven weeks, we're going to be walking through six mindsets from Pastor Steven's new book, *Do The New You*.

The shortest word in that title happens to be the most important: "Do."

The goal of this study isn't to read about what you could become or dream about the new you. The point is to change the way you think so you can change the way you live. It's not about dreaming — it's about doing.

While we encourage you to grab a copy of the book and check it out for yourself, you can also complete this entire study without turning a single page. But don't be afraid to challenge yourself to read the book. The results you're looking for might take some extra effort!

And, of course, this transformation won't happen overnight. Good things take time and hard work. But with God's help (and lots of grace along the way), you're capable of the work required to walk in all He has prepared for you.

It's time to do the new you, Elevation YTH.

Let's go!

DO THE NEW YOU

6 MINDSETS TO BECOME WHO YOU WERE CREATED TO BE

MINDSET 1: I'm not stuck unless I stop.

ACTION STEP: Commit to progress.

MINDSET 2: Christ is in me. I am enough.

ACTION STEP: Accept your Self.

MINDSET 3: With God there is always a way, and by faith I will find it.

ACTION STEP: Focus on possibility.

MINDSET 4: God is not against me, but he's in it with me, working through me, fighting for me.

ACTION STEP: Walk in confidence.

MINDSET 5: My joy is my job.

ACTION STEP: Own your emotions.

MINDSET 6: God has given me everything I need for the season I'm in.

ACTION STEP: Embrace your now.

Do The New You is a book study, and here's a pro tip for those looking to get the most out of the next seven weeks. (Are you ready for the tip? It's revolutionary.)

Read the book.

That's right. If you want to lean into these mindsets, start by opening the book. Even if you're not a "reader," challenge yourself. (Remember, leaders are readers... And you're a leader!)

Check out this reading plan to help you work your way through the study. And if reading really overwhelms you, consider checking out the audiobook.

But no matter what you do, don't skip eGroup, because it's about to be GOOD!

READING OUTLINE

INTRODUCTORY WEEK:

CHAPTER 1: THE (K)NEW YOU

WEEK ONE

Mindset #1 "I'm not stuck unless I stop."

Chapter 2. It's Not That Simple

Chapter 3. Don't Argue for Your Limitations

Chapter 4. Defy Your Default

Chapter 5. Do the Thing That You Would Do

WEEK TWO

Mindset #2 "Christ is in me. I am enough."

Chapter 6. More Than What You're Missing

Chapter 7. Tricks Are for Kids

Chapter 8. I Am What I Am

Chapter 9. Coming from Abundance

WEEK THREE

Mindset #3 "With God there's always a way, and by faith I will find it."

Chapter 10. Forward, Not Finished

Chapter 11. Now Move

Chapter 12. Weasel-Free Mentality

Chapter 13. What if This Succeeds?

WEEK FOUR

Mindset #4 "God is not against me, but he's in it with me, working through me, fighting for me."

Chapter 14. That Lizard Is Loud

Chapter 15. Don't Say That

Chapter 16. God Is Up to Something Upstream

Chapter 17. Make Peace with Your Strength

WEEK FIVE

Mindset #5 "My joy is my job."

Chapter 18. The Hard Work of Happiness

Chapter 19. Who's in Your Head?

Chapter 20. A Gr8ful Heart Is a Stable Heart

Chapter 21: Ugly Trust

WEEK SIX

Mindset #6 "God has given me everything I need for the season I'm in."

Chapter 22. Look to the Left

Chapter 23. Help Me Fail

Chapter 24. Found Fishing

Chapter 25. God Chose You . . . Will You?

Step by Step, Day by Day

INTRODUCTION

FEBRUARY 21

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." Ephesians 4:22-24



DO THE NEW YOU: TOP TWO

Read [Jeremiah 1:5](#). In this verse, God told Jeremiah that before He formed him in his mother's womb, He knew him. What was God trying to tell Jeremiah by saying this?

God saw a version of Jeremiah that rose above his insecurities. How does knowing that God knew Jeremiah before he was born build your faith?

LEADER TIP

To help you prepare for each week's discussion, there will be a recommended reading section from Pastor Steven's book, *Do The New You*. Don't worry if you're not a reader! Just set a goal to read a few pages a day or listen to the audiobook during your commute or workout. And don't worry if you haven't read all the material; this catalog will help you still facilitate great group discussions.

Recommended Reading: Introduction and Chapter 1

Activity: Mindset Charades

The object of this activity is to reinforce the concept of transforming and renewing our minds.

Divide teens into small groups. In each group, one person will act out a scenario that represents either the old self or new self without using any words. The rest of the group will guess whether it represents the old self or the new self. Encourage discussion about why they made certain guesses.

Old Self Scenarios:

Complaining: Act out someone constantly complaining about everything.

Selfishness: Show a scenario where someone is only focused on their own needs and disregarding others.

Negative thinking: Show a person dwelling on negative thoughts and attitudes.

Lying: Act out a situation where someone is dishonest or deceitful.
Procrastination: Show a person putting off responsibilities and tasks until the last minute.

Judgmental attitude: Act out someone making harsh judgments about others without understanding.

New Self Scenarios:

Kindness: Act out a scenario where someone goes out of their way to be kind and helpful.

Generosity: Show a person sharing with others and being generous.

Positive thinking: Act out a person focusing on positive thoughts and maintaining an optimistic attitude.

Truthfulness: Show an honest and truthful interaction between individuals.

Responsibility: Act out someone taking responsibility and completing tasks diligently.

Empathy: Show a scenario where someone seeks to understand and feel what someone else is feeling.

Feel free to adapt these scenarios based on the dynamics of your group. The goal is to provide examples that highlight the contrast between the old self and the new self as described in Ephesians 4:22-24.



TO MAKE THE MOST OF YOUR eGROUP TIME, WATCH THIS CLIP FROM 1:18:54 - 1:23:30.

THINK IT THROUGH (AND TALK IT OUT)

In the activity, how did you decide whether a scenario represented the old self or new self? Why do you think we have to renew our minds to move from the old self to the new self?

Culture says, "Just do you." In other words, be authentic, true to yourself, and act in a way that pleases you. How is that different from what Ephesians 4:22-24 tells us to do?

Read [Jeremiah 1:5](#). In this verse, God told Jeremiah that before He formed him in his mother's womb, He knew him. What was God trying to tell Jeremiah by saying this?

The old Jeremiah was timid, but the new Jeremiah was called to preach boldly and share God's truth courageously. Which was the real Jeremiah? How does this challenge or encourage you?

What might God know about you that you might have overlooked or even denied? What might He see in you that you don't see?

God saw a version of Jeremiah that rose above his insecurities. How does knowing that God knew Jeremiah before he was born build your faith?

DO THE NEW YOU (WALK IT OUT)

To step into the *new* you, you have to challenge the old you. This week, reflect on areas of your life where the old self may be lingering (or even winning). What habits, thoughts, or attitudes need to change so you can align with God's character? Pray and ask God to help you overcome this obstacle this week.

MINDSET ONE

FEBRUARY 28

Mindset 1: I'm not stuck unless I stop. *Do The New You: Chapters 2-5*

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." Ephesians 4:22-24



**TUNE IN FROM
1:58:36 - 2:02:55 TO GET A
BEHIND - THE SCENES WORD
FROM PASTOR STEVEN.**

DO THE NEW YOU: TOP TWO

So many questions, so little time! If you can't make it through every question this week, just **MAKE SURE** you hit these two.

1. What does the phrase "I'm not stuck unless I stop" mean to you?

Where do you feel stuck in your life? What's something you've quit because it was too hard? Is there an area where you're tempted to quit right now?

2. Take a look at [Hebrews 4:15-16](#). How do these verses bring you hope for that situation where you feel stuck? What's one step you can take to move forward?

Recommended Reading: Chapters 2-5

Activity: Unity Knot

The goal is to work together as a team to uncross your arms without letting go of each other's hands. Have teens stand in a circle, facing inward. Instruct them to extend their arms and hold hands with two different people across the circle (not next to them), creating a knot.

Share the following ground rules:

Communication is key. You must work together to figure out a strategy to untangle the knot without breaking hand connections.

No letting go. Your hands must remain connected throughout the entire process. If you accidentally let go, the group must restart the challenge. If you get stuck, don't give up. Pause to observe your situation, and work together to come up with a plan.

Set a time limit for added excitement. If the group successfully untangles the knot within the time limit, they win the challenge.

Ask the group how they felt at the beginning and during the activity. For example, were they excited, confused, or frustrated? Was there a moment when they lost hope in untangling themselves? Today, we are going to discuss how having the mindset of "I'm not stuck unless I stop" can help us push through the struggles and develop our faith.

THINK IT THROUGH (AND TALK IT OUT)

What does the phrase "I'm not stuck unless I stop" mean to you?

Where do you feel stuck in your life? What's something you've quit because it was too hard? Is there an area where you're tempted to quit right now?

Take a look at [Hebrews 4:15-16](#). How do these verses bring you hope for that situation where you feel stuck? What's one step you can take to move forward?

Pastor Steven said we can become loyal to our limitations. What limitations do you feel are holding you back in life? How have you been loyal to (or defended) your limitations?

Pastor Steven wrote, "The new you is aware of problems but committed to progress." (*Do The New You*, page 30) How can we see beyond our limitations and recognize the potential God has placed inside of us? What does this look like day-to-day?

"We don't always know who we are, even as we are becoming it: We don't know what we'll enjoy, what we could be good at, or what we could grow into." (*Do The New You*, page 45) How does this quote encourage you to focus on the new you rather than fixating on the future you?

On a scale of 1-10, how much pressure do you feel to "know" what you're going to do with the rest of your life? Why?

In [Joshua 1:1-6](#), God appoints Joshua as the leader of the Israelites after the death of Moses. Although Joshua may not have initially thought of himself as a leader, God had chosen him for this role. Joshua had previously held the position of second in command, but now it was time for him to step up and lead his people. Where might God be calling you out in an area where you feel stuck?

DO THE NEW YOU (WALK IT OUT)

What is one area where you would like to "commit to making progress" this week? What's one step you can take to move forward in that area?

MINDSET TWO

MARCH 6

Mindset 2: Christ is in me. I am enough. *Do The New You: Chapters 6-9*

"Before long, the world will not see Me anymore, but you will see Me. Because I live, you also will live. On that day you will realize that I am in my Father, and you are in Me, and I am in you." John 14:19-20



CHECK OUT THIS CLIP FROM **2:16:41 - 2:18:16** TO FIND OUT WHY PASTOR STEVEN THINKS *THIS IS THE MOST FUNDAMENTAL MINDSET IN THE BOOK.*

DO THE NEW YOU: TOP TWO

So many questions, so little time! If you can't make it through every question this week, just **MAKE SURE** you hit these two.

1. Read [John 14:19-20](#) and [John 15:5](#). Jesus tells His disciples that He is in them and they are in Him, making them enough. What do you think Jesus meant by comparing himself to the vine and His disciples to the branches?
2. According to these verses, Jesus suggests that by being in Him, we are "enough." Where do you struggle to believe you're enough? How do Jesus' words help you?

Recommended Reading: Chapters 6-9

Activity: Two Truths and a Lie

1. In small groups of three or more, have students share two truths about themselves and one lie.
2. After each student shares, the rest of the group guesses which piece of information is the lie.
3. Next, the sharer reveals the truth.
4. Repeat steps 1-3 with the rest of the students

THINK IT THROUGH (AND TALK IT OUT)

Review week one mindset with your group before jumping into this week's discussion on Mindset 2:

Mindset 1: I'm not stuck unless I stop. (Action: Commit to progress.)

This week, we're moving to Mindset 2: Christ is in me. I am enough. What does this mindset mean to you?

Read John [14:19-20](#) and [John 15:5](#). Jesus tells His disciples that He is in them and they are in Him, making them enough. What do you think Jesus meant by comparing himself to the vine and His disciples to the branches?

How does this idea of Jesus being in you and you being in Him impact your understanding of your relationship with Him?

According to these verses, Jesus suggests that by being in Him, we are "enough." Where do you struggle to believe you're enough? How do Jesus' words help you?

Jesus referred to bearing fruit. What does "fruit" mean, and how can we apply this to our lives?



WANT TO COME INTO YOUR DAY FROM A PLACE OF ABUNDANCE? CHECK OUT THIS CLIP UNTIL **2:30:13**.

DO THE NEW YOU (WALK IT OUT)

Write down one step you can take to "accept your Self" this week.

MINDSET THREE

MARCH 13

Mindset 3: With God there's always a way, and by faith I will find it. *Do The New You: Chapters 10-13*

"Some men came carrying a paralyzed man on a mat and tried to take him into the house to lay him before Jesus. When they could not find a way to do this because of the crowd, they went up on the roof and lowered him on his mat through the tiles into the middle of the crowd, right in front of Jesus. When Jesus saw their faith, he said, "Friend, your sins are forgiven." John 14:18-20



WATCH THIS CLIP UNTIL
2:11:16 TO KICK OFF YOUR
eGROUP CONVERSATION.

DO THE NEW YOU: TOP TWO

So many questions, so little time! If you can't make it through every question this week, just **MAKE SURE** you hit these two.

1. "With God there's always a way" doesn't mean that with God you will always get your way. What is the difference between these two statements? (Refer to Matthew 26:39 and Psalms 23:4 for two examples.)
2. What's a situation in your life where you need to move from "It's over now" to "It's over. Now..."? (Do The New You, page 120)

Recommended Reading: Chapter 10-13

Activity: Epic Game of "I Spy"

Gather your group together, and explain that you will be playing a fast-paced and interactive version of "I Spy." First, define the boundaries of the playing area, and divide the group into teams of three or more. Then choose one person to be the "Spy." The Spy's job is to secretly select an object within the designated area without sharing it with others. Next, the Spy will provide a series of creative and challenging clues to describe the object without directly stating what it is. For example, they could say "I spy something that reflects light, you can find it near people, and it's an item you use every day." To add excitement, set a time limit. Encourage the teams to work together to come up with guesses. The team that correctly guesses the object earns a point. Keep playing as time allows.

THINK IT THROUGH (AND TALK IT OUT)

Review the following mindsets with your group before jumping into this week's discussion on Mindset 3:

Mindset 1: I'm not stuck unless I stop. (Action: Commit to progress.)

Mindset 2: Christ is in me. I am enough. (Action: Accept your Self.)

Mindset 3: With God there's always a way, and by faith I will find it. What does this mindset mean to you?

Have you ever made plans for yourself only to have God guide you in a different direction? How did that make you feel?

Read [Proverbs 16:9](#). Does this verse encourage you or discourage you? Why?

"With God there's always a way" doesn't mean that with God you will always get your way. What is the difference between these two statements? (Refer to Matthew 26:39 and Psalms 23:4 for two examples.)

Moving forward requires faith. Where do you feel stuck? Can you envision what it would look like to move forward? Ask yourself, "What is the next step I need to take?" and then share your answer with the group. (Do The New You, page 113)

Read [Deuteronomy 34:1-12](#). Reread verse eight again. In the story of Moses and the Israelites, they had to transition from mourning to movement. "From No Mo to Now Move" (Do The New You, page 118). Where do you need to stop mourning (or complaining or worrying) and start moving?

Can you recall a time when you felt afraid but still went ahead with something? How did it turn out?

What's a situation in your life where you need to move from "It's over now" to "It's over. Now..."? (Do The New You, page 120)



TUNE IN UNTIL 2:34:42 IF
YOU'VE FELT TOO FAR GONE.

DO THE NEW YOU (WALK IT OUT)

Write down one area where you would like to "focus on possibility" this week. When you catch yourself worrying, remember this week's mindset, and start dreaming about how God always comes through!

MINDSET FOUR

MARCH 20

Mindset 4: God is not against me, but he's in it with me,
working through me, fighting for me.

Do The New You: Chapters 14-17

It's Rhythm Night week in the YTH Nation and that's where we'll be learning about Mindset #4!

We asked Pastor Steven which mindset he thought would be the most beneficial for a teenager to master and he said Mindset #4 (check out his answer [here](#))! So, this isn't the week to skip Rhythm Night — the mindset you need is being unpacked!

Bring your notebook (and your eGroup) on March 20 so you can keep flowing in this study.

MINDSET FIVE

MARCH 27

Mindset 5: My joy is my job.
Do The New You: Chapters 18-21

"The LORD has done it this very day; let us rejoice today and be glad." Psalms 118:24



**LISTEN UNTIL 2:43:00 TO
HEAR PASTOR STEVEN TALK
ABOUT MINDSET 5.**

DO THE NEW YOU: TOP TWO

So many questions, so little time! If you can't make it through every question this week, just **MAKE SURE** you hit these two.

1. Read [John 16:20-22](#). What is the meaning of Jesus' statement in verse 22, "...no one will take away your joy"?

2. In his book, Pastor Steven shared a quick exercise he practices to remind himself that every good thing he has comes from God's hand. It's called GR8FUL, and you list eight things you're grateful for, as fast as you can. What are you GR8FUL for right now? GO!

Recommended Reading: Chapters 18-21

Activity: Try Not To Laugh

Begin by introducing the empowering mindset of "My joy is my job." Communicate the idea that each person holds the key to their own happiness and joy, emphasizing the personal responsibility we have for cultivating a joyful mindset.

Divide your eGroup into small teams. Youth will take turns telling jokes or performing funny actions, and the objective is to resist laughing. The person who laughs first will sit down as the winner competes against another individual. Keep playing until one winner remains.

Joke suggestions:

Why don't scientists trust atoms? (Because they make up everything!)

How do you organize a space party? (You planet!)

Why did the bicycle fall over? (Because it was two-tired!)

What did one hat say to the other? (Stay here, I'm going on ahead!)

Why did the tomato turn red? (Because it saw the salad dressing!)

What did the ocean say to the shore? (Nothing, it just waved!)

Why did the scarecrow win an award? (Because he was outstanding in his field!)

What's a vampire's favorite fruit? (A blood orange!)

Why did the math book look sad? (Because it had too many problems.)

What do you call a fish with no eyes? (Fsh!)

Remember, the key is to deliver the jokes in a way that makes it challenging for others to resist laughing. Have fun and enjoy the laughter!

THINK IT THROUGH (AND TALK IT OUT)

Review the following mindsets with your group before jumping into this week's discussion on Mindset 5:

Mindset 1: I'm not stuck unless I stop. (Action: Commit to progress.)

Mindset 2: Christ is in me. I am enough. (Action: Accept your Self.)

Mindset 3: With God there's always a way, and by faith I will find it. (Action: Focus on possibility.)

Mindset 4: God is not against me, but he's in it with me, working through me, fighting for me. (Action: Walk in confidence.)

Mindset 5: "My joy is my job." What does this mindset mean to you? If you could only use one feeling or emotion to describe yourself, which would it be?

Do you struggle to control your emotions? How much control do you think we have over our emotions?

Read [John 16:20-22](#). What is the meaning of Jesus' statement in verse 22, "...no one will take away your joy"?

Why is it important to acknowledge our feelings? Why is it dangerous to let our feelings "drive" or lead us?

Read [Colossians 2:6-7](#). What would it look like to overflow with thankfulness? What do you think you're overflowing with right now?

In his book, Pastor Steven shared a quick exercise he practices to remind himself that every good thing he has comes from God's hand. It's called GR8FUL, and you list eight things you're grateful for, as fast as you can. What are you GR8FUL for right now? GO!

DO THE NEW YOU (WALK IT OUT)

Write down one area where you would like to "own your emotions" this week. Keep it in front of you (e.g., next to your bed, in your locker, on your phone's lock screen, etc.) and each time you look at it, pray and ask God to help you choose joy.

MINDSET SIX

APRIL 3

Mindset 6: God has given me everything I need for the season I'm in.
Do The New You: Chapter 22 – Conclusion

*"As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received."
Ephesians 4:1*



IF YOU WANT TO UPDATE
YOUR THINKING, WATCH THIS
UNTIL **1:55:43**

DO THE NEW YOU: TOP TWO

So many questions, so little time! If you can't make it through every question this week, just **MAKE SURE** you hit these two.

1. Read [Proverbs 24:16](#). How does this verse strengthen your faith when it comes to failure?
2. How does remembering times in the past when God has provided for you help build your faith for today?

Activity: Reflection Journey

In this activity, youth will explore the idea that "God has given me everything I need for the season I'm in."

Provide the following questions and allow time for silent reflection, providing youth with a small piece of paper to write down their answers. Afterward, gather them to share insights and conclude with a prayer circle expressing gratitude for God's provision.

Reflective questions:

When has God given you a new beginning or new opportunity?

How has God given you energy or passion lately?

When have you gone through a season of change and how did God help you navigate it?

How has God provided for you during a time that felt difficult or dark?

THINK IT THROUGH (AND TALK IT OUT)

Review the following mindsets with your group before jumping into this week's discussion on Mindset 6:

Mindset 1: I'm not stuck unless I stop. (Action: Commit to progress.)

Mindset 2: Christ is in me. I am enough. (Action: Accept your Self.)

Mindset 3: With God there is always a way, and by faith I will find it. (Action: Focus on possibility.)

Mindset 4: God is not against me, but he's in it with me, working through me, fighting for me. (Action: Walk in confidence.)

Mindset 5: My joy is my job. (Action: Own your emotions.)

You've made it to the final week of our study! Mindset 6: God has given me everything I need for the season I'm in. What does this mindset mean to you?

Where do you feel like you don't have what you need (e.g., intelligence, money, talent, friends, etc.)?

"Destiny is often hidden in your difference." (Do The New You, page 251) Where (or how) do you feel different? How could your difference be leading you toward your destiny?

On a scale of 1-10, how afraid are you of failure?

When was a time you failed but learned something from it?

Read [Proverbs 24:16](#). How does this verse strengthen your faith when it comes to failure?

How does remembering times in the past when God has provided for you help build your faith for today?



LAST CLIP BEST CLIP! WATCH IT UNTIL
1:44:26 TO LEARN A POWERFUL SECRET
TO SUCCESS. (AND DON'T FORGET TO
WATCH THE ENTIRE PODCAST FROM
START TO FINISH IF YOU HAVEN'T
ALREADY.)

DO THE NEW YOU (WALK IT OUT)

Write down one way you can "embrace your now" this week. Set a reminder on your phone every day to do the new you.

EXTRAS FOR EGROUPEADERS

EXTRAS FOR EGROUPEADERS

Our Pastor once said, “Deep is doing.” We know sometimes it’s easier to read another book or listen to another sermon than it is to live out the last thing God taught us. So, rather than rush into more resources, we want to encourage you to live in this study — to practice what you’re learning.

With that in mind, if you’re looking for something to meditate on while you drive to work, take a walk, or fold that mountain of laundry check out these sermons from Pastor Steven. From Ballantyne to the Basin, God has been using him to teach us how to become the best versions of ourselves.

