

NEW YORK TIMES BESTSELLING AUTHOR

STEVEN FURTICK

**DO
THE NEW
YOU**

**6
MINDSETS
TO BECOME
WHO YOU
WERE
CREATED
TO BE**

STUDY GUIDE

DO THE NEW YOU

STUDY GUIDE

STEVEN FURTICK



NEW YORK NASHVILLE

Copyright © 2024 by Steven Furtick

Cover design by Micah Kandros. Cover photo © Micah Kandros.

Cover copyright © 2024 by Hachette Book Group, Inc.

Hachette Book Group supports the right to free expression and the value of copyright. The purpose of copyright is to encourage writers and artists to produce the creative works that enrich our culture.

The scanning, uploading, and distribution of this book without permission is a theft of the author's intellectual property. If you would like permission to use material from the book (other than for review purposes), please contact permissions@hbgusa.com. Thank you for your support of the author's rights.

FaithWords
Hachette Book Group
1290 Avenue of the Americas, New York, NY 10104
faithwords.com
twitter.com/faithwords

First edition: February 2024

FaithWords is a division of Hachette Book Group, Inc. The FaithWords name and logo are trademarks of Hachette Book Group, Inc.

The publisher is not responsible for websites (or their content) that are not owned by the publisher.

FaithWords books may be purchased in bulk for business, educational, or promotional use. For information, please contact your local bookseller or the Hachette Book Group Special Markets Department at special.markets@hbgusa.com.

All Scripture quotations, unless otherwise indicated, are taken from the Holy Bible, New International Version®, NIV®. Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com. The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™

Scripture quotations marked NKJV are taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations marked KJV are from the King James Version of the Bible.

Interior book designed by Timothy Shaner, NightandDayDesign.biz

ISBN: 9781546006893

Printed in the United States of America

LSC-C

10 9 8 7 6 5 4 3 2 1

CONTENTS

Getting Started	1
Suggestions for Group Leaders	3

SESSION (01)

I'M NOT STUCK UNLESS I STOP.

Group Session (01)	7
Personal Study Day 1. It's Not That Simple	12
Personal Study Day 2. Don't Argue for Your Limitations	15
Personal Study Day 3. Defy Your Default.	18
Personal Study Day 4. Do the Thing That You Would Do	21

SESSION (02)

CHRIST IS IN ME. I AM ENOUGH.

Group Session (02)	25
Personal Study Day 1. More Than What You're Missing	30
Personal Study Day 2. Tricks Are for Kids	33
Personal Study Day 3. I Am What I Am	36
Personal Study Day 4. Coming from Abundance.	39

SESSION (03)**WITH GOD THERE IS ALWAYS A WAY,
AND BY FAITH I WILL FIND IT.**

Group Session (03)	43
Personal Study Day 1. Forward, Not Finished	48
Personal Study Day 2. Now Move	51
Personal Study Day 3. Weasel-Free Mentality	54
Personal Study Day 4. What If This Succeeds?	57

SESSION (04)**GOD IS NOT AGAINST ME, BUT HE'S IN IT WITH ME,
WORKING THROUGH ME, FIGHTING FOR ME.**

Group Session (04)	61
Personal Study Day 1. That Lizard Is Loud	67
Personal Study Day 2. Don't Say That.	71
Personal Study Day 3. God Is Up to Something Upstream	74
Personal Study Day 4. Make Peace with Your Strength	77

SESSION (05)**MY JOY IS MY JOB.**

Group Session (05)	81
Personal Study Day 1. The Hard Work of Happiness.	87

Personal Study Day 2. Who’s in Your Head? 90
 Personal Study Day 3. A Gr8ful Heart Is a Stable Heart 93
 Personal Study Day 4. Ugly Trust. 96

SESSION (06)

**GOD HAS GIVEN ME EVERYTHING I NEED
 FOR THE SEASON I’M IN.**

Group Session (06) 99
 Personal Study Day 1. Look to the Left 104
 Personal Study Day 2. Help Me Fail. 107
 Personal Study Day 3. Found Fishing 110
 Personal Study Day 4. God Chose You . . . Will You? 113
 Conclusion: There Is Always More. 117

GETTING STARTED

The key word in the phrase “do the new you” also happens to be the shortest.
Do.

The goal isn't to read about the new you, philosophize about the new you, or dream about the new you. It's to *do* the new you. To put on the new self. To step into the person God has known from the beginning of time, since before he created you.

That's the heart behind the six mindsets in *Do the New You*, and it's the goal of this study guide. As we go through each mindset, I'll invite you to apply them to your life in practical, tangible ways. I want you to get these phrases deep into your heart and mind until they become a baseline to start from and a foundation to stand on when life gets challenging.

Remember, changing the way you think and respond is a process. It's about replacing old habits with new habits, old mindsets with new mindsets, the old self with the new self. That doesn't happen overnight. If you've been doing the old you for thirty years, don't expect to learn how to do the new you in thirty minutes. So be willing to work hard, but also give yourself grace for the journey.

Along with staying in grace, stay in community. You were designed by God to give and receive, to love and to be loved, to encourage and be encouraged. Doing the new you works best when you have people around you to support and encourage you along the way.

That's the reason my team and I structured this guide for both group study and individual study. If possible, I encourage you to go through it as part of a

small group that will provide a safe place to discuss and grow together. A small group can be any size you like, by the way. You can even get together with a friend or significant other.

If you are studying it in a small group setting, I suggest you meet once a week and cover one mindset each week. Then, during the week, group members can use the personal study sections on their own. There are four of these personal studies per week, and you can go through them at your own pace.

Another thing to remember is the importance of being honest with yourself. Some of the topics and questions might be challenging, but challenging is good. It means you're digging deep into the underlying mindsets, motivations, and mental models that God might be trying to modify. If you feel resistance, don't fight it or deny it. Listen to it. Learn from it. Ask God to reveal to you whatever he wants, then choose to walk in the new you, not the old you.

And finally, if I could leave you with one thought, God isn't asking you to stress, strive, and struggle to become something you're not. He's asking you to trust him and follow him, to listen to him and learn from him, to lean on the God who created you, who knew you before the foundation of the world, who chose you and called you, and who empowers you to do the new you.

After all, Jesus is the one who is called the "pioneer and perfecter of faith" (Hebrews 12:2). God is the one "who works in you to will and to act in order to fulfill his good purpose" (Philippians 2:13). God's more invested in you than you are, and he believes in you more than you do. Trust his process and let him lead you.

It's time to *do* the new you.

Are you ready?



GROUP SESSION (01)

I'M NOT STUCK UNLESS I STOP.

Action Step: Commit to progress.

1. GETTING STARTED

Have you ever gotten really stuck somewhere? Maybe you were driving through snow, or down a muddy road, or across the beach, and suddenly your vehicle stopped moving forward. The wheels started spinning, and you felt the car slide downward. The more you pressed on the gas, the deeper your tires dug. Or maybe you can think of a time you were trapped in an elevator, locked in a restroom with a malfunctioning door, stranded in an airport during a storm, or stuck in a traffic jam.

- Share the story briefly with the group. What happened? How did you get out?

- What emotions and thoughts were rushing through you at the time?

2. INTRODUCING MINDSET (01): I'M NOT STUCK UNLESS I STOP.

In God, there is always a way to get unstuck. As long as you're committed to progress, you can't be stopped. You might be facing a setback, but you don't have to surrender. You might be delayed, but you're not defeated.

"I'm not stuck unless I stop" means that you choose to keep pressing forward, even when things are harder or take longer than you thought they would. You keep looking for solutions. You keep taking steps in the right direction. You shut down the voice of fear that says you'll never be free. The voice of pride that says you have to do it all on your own. The voice of shame that says you aren't worthy of success.

This mindset is all about a commitment to progress. That progress might be messy, and it might be slow, and it might require a lot of hard work. That's okay. Just don't give up. You're not stuck unless you stop.

- In what areas of your life are you usually good at facing challenges and persevering through difficulty? Are there areas where you sometimes tend to give up too quickly?

PERSONAL STUDY DAY 1

It's Not That Simple

READING

Do the New You, Chapter 2

VERSES OF THE DAY

“For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need” (Hebrews 4:15–16).

CHAPTER RECAP

A mindset that says, “I’m not stuck unless I stop” is not about pretending your problems aren’t real. It’s not about condemning yourself if you can’t find a way forward. And it’s not about shaming yourself into trying harder or doing better.

It’s about *faith in God*. It’s about trusting in a God who is bigger than your circumstances, a God who is with you in every situation, a God who does miracles, a God who opens doors and answers prayers.

When you feel stuck, turn to God. Let him give you the courage and creativity you need. Then, tackle the challenge with his power.

READ AND REFLECT

Read this excerpt from *Do the New You*, thinking about how it could apply to challenges you might be facing today.

See, stuck is a way of saying you can't move forward and *there's nothing you can do about it*. Circumstances have assumed control. Things are hopeless and you are helpless, so you might as well quit trying. It's a frustrating, powerless feeling.

But that's not how God operates. That's not even his nature. He's not a frustrated, powerless God, and he didn't create you to live a frustrated, powerless life.

God is the waymaker. He is all-powerful, all-knowing, all-consuming. He causes valleys to be raised up and mountains be made low. He turns graves into gardens and bones into armies. Our God is a sea-splitting, stone-rolling, wind-whispering, fire-from-heaven, water-from-the-rock, stop-the-moon-in-the-sky kind of God.

When you feel hopeless, he is nearer than ever. As an old country preacher said, "When you're down to nothing, God is up to something!" In those moments when your story seems stuck and hope is lost, God will make a way for you. He wants to give you back your courage, your power, your expectation. (*page 31*)

THINGS TO THINK ABOUT

1. What is the greatest challenge you are facing right now? What have you tried to do to overcome this challenge?
