

Week 1

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I GOT THIS

I Got This Week 1

Main Scripture:

Colossians 1:28–29 (NIV) 28 He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ. 29 To this end I strenuously contend with all the energy Christ so powerfully works in me.

Life without God can feel “fine,” but deep down, something is missing.

Could it be time to be: Out with the old way of self-sufficiency. In with the new way of depending fully on God.

1. The “I’ve Got This” Way of Living You can be doing fine on the outside— Bills paid. Busy schedule. Life moving forward— but still feel like something’s off. Not broken. Not falling apart. Just... empty.

A secular age (I Got This) says God is **optional**, not necessary.

The message of our world is simple: “Trust yourself.” “Figure it out.” “You’ve got this.”

2. This Isn’t New Jeremiah 2:13 (NLT) “My people have abandoned me—the fountain of living water—and they have dug for themselves cracked cisterns that can’t hold water.”

Translation: You’re thirsty... but you’re trying to satisfy it with things that don’t last.

Ecclesiastes 1:2, 14 (NIV) “Meaningless! Meaningless! ... Everything is meaningless... a chasing after the wind.”

Life without God at the center never fully **satisfies**.

3. Jesus Makes It Clear John 15:5 (NLT) “Yes, I am the vine; you are the branches... For apart from me you can do nothing.”

Jesus doesn’t say, “Try harder.” He says, “Stay connected to Me.”

Apart from Jesus, nothing that truly **lasts** is produced.

4. The Real Issue

When areas of life feel stuck or empty, it's often because we've been trying to run them solo.

Work. Relationships. Finances. Health. Parenting. Etc...

What's your blank? _____

Self-sufficiency says, "I've got this." Dependence says, "I **can't** but God can."

5. Core Scripture Colossians 1:28–29 (NLT) "We tell others about Christ... We want to present them to God, perfect in their relationship to Christ. That's why I work and struggle so hard, depending on Christ's mighty power."

TALK IT OVER Where in your life are you most tempted to say, "I've got this"?

What would it look like to actually invite God into that area instead of just asking Him to bless your plan?

What's one area that feels "fine" on the outside but empty on the inside?

How might self-sufficiency be quietly replacing dependence on God there?

How can your family practice dependence on God together this week?

What's one habit or conversation you could start that helps everyone stay connected to Jesus?

****ACTION STEPS **(PUT IT INTO PRACTICE)**

Name It. This week, identify one area where you've been relying on yourself instead of God. Pray specifically: "God, I need You here. I can't do this on my own."

Invite God Daily. Start each day with a simple prayer as a family or individually: "Jesus, today we choose dependence over self-sufficiency."

Stay Connected. Choose one intentional way to stay connected to Jesus this week— Scripture, prayer, worship, or a conversation about faith—and protect that time.

Want to be a part of the 21 Days of prayer and Fasting to gain clarity on HOW God wants to move in your life in 2026? Text the words (21 Fast) to 855-398-4752 and start the year off with us in prayer.