



RELEASING YOUR POTENTIAL

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Focus God has created each person with amazing potential. In order to reach our potential, we must first realize God Himself formed us and created us with a specific purpose in mind. We must focus the passion within us upon the vision God has for our lives. Finally, we must receive the power He has made available for us to reach our potential.

Fun What do you love to do on your days off? Do you typically do outdoor activities, do you like to get together with friends or do you like to have quiet down time?

Review Key Scripture: Jeremiah 1:4–8

- Potential is defined as a latent excellence or ability that may or may not be developed. God created us with potential that is far beyond what we can reach without Him. However, through God we can reach the full potential of all we were created for.
- Embracing our purpose in God is the first step to realizing our potential. Psalm 139:1–14 tells us that we have been “fearfully and wonderfully made” and that God knew us before we were born. We are His workmanship, created for good works in Christ.
- We’ll begin to walk in our divine potential when we focus our passion and surrender fully to God. The Bible says that without vision, people cast off restraint or lose focus. Focusing our energy and attention on the purpose for which we were created will help us to reach our full potential.
- Receiving God’s power for our lives is the final and most important key to walking in our full potential. Just like a power tool can only accomplish its purpose when plugged in, we can only reach our full potential when we are plugged into our power—God.

Group Dynamics Idea People often come to your group with many day-to-day cares on their minds. When you begin your group, do something that'll help people not be distracted by these things. Some groups love to worship together, some share testimonies and some start with prayer. Choose something intentional that will set a good tone for your group and help people engage more fully.

- Discuss**
1. Read Psalm 139:13–14 and Ephesians 2:10. What does the Bible have to say about the potential we've been created with? Why do you think it can be hard for people to believe?
 2. God's desire is that we would be encouraged when we realize we have greater potential in life through Jesus. In what ways does knowing you have lots of potential encourage you?
 3. There are many things that distract us in life from reaching our full potential. These are not always bad things; they can be good things that are not in God's plan or timing. What do you think are some of the distractions in life that keep people from reaching their full potential?
 4. Often people try to reach their potential without God. Why do you think it's important to receive God's power in order to reach your full potential?
 5. Can you think of one area of your life where you are walking in more of God's potential for you than you were five years ago?
 6. Is there an area of life where you know you have more potential, but need God's help to walk in it? Share with the group. (Leader Note: This may be a good opportunity to have people in the group pair up and pray for each other.)

- Take Home**
- As we conclude, remember the following:
- God created each of us with a specific and unique purpose and has made it possible for us to reach our potential in Him.
 - We must focus our passion and spend time with the God who created us so we can fully discover our purpose through Him.
 - We'll release our full potential when we receive the power of God in our lives.

Prayer

Father, thank You for creating me with potential. Thank You for seeing the best in me and encouraging me to walk completely in the fullness of all Your plans for my life. Please help me to have faith to believe all Your Word says about me, grace to focus my passion on You and courage to live a life empowered by Your Spirit. In Jesus' name, Amen.

New Leader Tip This discussion might touch on some dreams or desires that members of your group have. You want your group to always be an encouraging place, so listen carefully as people share what's in their hearts. Then, be intentional about encouraging them in areas of their lives where God may be stirring up healthy dreams and be a part of helping your group members reach their God-given potential.