

DO THE NEW YOU

STEVEN FURTICK

AN ELEVATION CHURCH eGROUPS STUDY

The word of the LORD came to me, saying,
“Before I formed you in the womb I knew you,
before you were born I set you apart;
I appointed you as a prophet to the nations.”

JEREMIAH 1:4–5

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Welcome

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 who God has always intended for you to be from the beginning of time. That's the heart behind the six mindsets in *Do the New You*, and it's the goal of this guide.

Over the next several weeks, as we go through each mindset, we'll apply them to our lives in practical and tangible ways. We're going to instill these phrases deep into our hearts and minds until they become a baseline to start from and a foundation to stand on when life gets challenging.

Changing the way you think and respond is a process. It's about replacing old habits with new habits, old mindsets with new mindsets, and the old self with the new self. That doesn't happen overnight.

So be ready 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, and 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.

It's time to do the new you.

Are you ready?



How to Use This Book

Do the New You is a book study about six practical mindsets everyone can adopt to help you live out your God-given identity and calling. Each week focuses on a single mindset and is designed to help you shift your focus, feelings, and actions to align with God's vision of you.

There are weekly elements in this guide that will help you accomplish this:

READING

Over the course of seven weeks, you will read through *Do the New You* by Pastor Steven Furtick, discovering a new mindset weekly. You can use this guide to take notes and process the mindsets chapter by chapter.

REFLECTION

To help you gain a better understanding, each week has personal reflection questions. These questions will guide you to uncover more about each mindset as you reflect on, pray, and consider how God would want you to apply what you're learning.

For additional resources, check out elevationchurch.org/dothenewyou or email Studies@ElevationChurch.org.

READING OUTLINE

INTRODUCTORY WEEK

INTRODUCTION

CHAPTER 1. The (K)new You

WEEK 1: 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 2: 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 3: 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 4: 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 5: 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 6: 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?

CONCLUSION: Step by Step, Day by Day

Introductory Week

READ The Introduction and Chapter 1 before attending eGroup this week

NOTES

Read the Introduction and Chapter 1 of *Do the New You*. Highlight, underline, or circle what speaks most to you, and take notes below.

INTRODUCTION NOTES

CHAPTER 1 NOTES

RECAP

SCRIPTURES TO REMEMBER	
FAVORITE QUOTE	
MOST IMPACTFUL TAKEAWAY	

REFLECTION

What does the phrase “do the new you” mean to you?

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

MINDSET #1

I'm not stuck
unless I *stop*.

Week 1

ACTION STEP Commit to progress.

READ Chapters 2–5 before attending eGroup this week.

NOTES

Read Mindset #1, “**I’m not stuck unless I stop,**” from *Do the New You*. Highlight, underline, or circle what speaks most to you, and take notes below.

CHAPTER 2 NOTES

CHAPTER 4 NOTES

CHAPTER 3 NOTES

CHAPTER 5 NOTES

RECAP

SCRIPTURES TO REMEMBER	
FAVORITE QUOTE	
MOST IMPACTFUL TAKEAWAY	

REFLECTION

What does the phrase “I’m not stuck unless I stop” mean to you?

God speaks and reveals Himself to us through His Word. Take a moment to write out the scripture that spoke the most to you from this week's reading.

What is one area where you would like to “commit to making progress” this week?

DISCUSS

"If you agree with God about your potential, you get to grow in it... The potential God sees in you. The doors He is opening for you. The gifts and calling He is drawing out of you. If God says you can change, you can change... If He says He put something in you, then He can call it out of you." **p. 40**

1. What God-given potential is God drawing out of you in this season of your life?

“What is the thing God is calling you to focus on right now? Do that thing. One thing at a time. To fight for the new you means to focus on the next important priority that the Holy Spirit is pointing to in your life.” p. 56

- 2.** What is your one thing right now?

PRAY

Use this space to reflect on what God spoke to you through this mindset, and write out a prayer to Him.

MINDSET #2

CHRIST is in me.
I am *enough*.

Week 2

ACTION STEP Accept your Self.

READ Chapters 6–9 before attending eGroup this week.

NOTES

Read Mindset #2, “**Christ is in me. I am enough,**” from *Do the New You*. Highlight, underline, or circle what speaks most to you, and take notes below.

CHAPTER 6 NOTES

CHAPTER 8 NOTES

CHAPTER 7 NOTES

CHAPTER 9 NOTES

RECAP

SCRIPTURES TO REMEMBER	
FAVORITE QUOTE	
MOST IMPACTFUL TAKEAWAY	

REFLECTION

What does the phrase “Christ is in me. I am enough” mean to you?

God speaks and reveals Himself to us through His Word. Take a moment to write out the scripture that spoke the most to you from this week's reading.

Share a step you can take to “accept your Self” more this week.

DISCUSS

"What's been a lot harder for me than accepting Jesus is accepting Steven. Accepting Jesus took a moment; accepting me is taking a lifetime." **p. 78**

- 1.** What do you have a hard time accepting about yourself?

“Seeds have their own schedule, and so do God’s promises. A lot of things are beyond your control. Instead of forcing things, often you have to farm them. You have to water them. You have to wait for them... Don’t force it. Farm it.” p. 97

- 2.** What's an area of your life where you tend to force it but you need to start farming it?

PRAY

Use this space to reflect on what God spoke to you through this mindset, and write out a prayer to Him.

MINDSET #3

With God there's
ALWAYS a way, and
by *faith* I will find it.

Week 3

ACTION STEP Focus on possibility.

READ Chapters 10–13 before attending eGroup this week.

NOTES

Read Mindset #3, “**With God there’s always a way, and by faith I will find it**” from *Do the New You*. Highlight, underline, or circle what speaks most to you, and take notes below.

CHAPTER 10 NOTES

CHAPTER 12 NOTES

CHAPTER 11 NOTES

CHAPTER 13 NOTES

RECAP

SCRIPTURES TO REMEMBER	
FAVORITE QUOTE	
MOST IMPACTFUL TAKEAWAY	

REFLECTION

What does the phrase “With God there’s always a way, and by faith I will find it” mean to you?

God speaks and reveals Himself to us through His Word. Take a moment to write out the scripture that spoke the most to you from this week's reading.

List one area where you would like to “focus on possibility” this week.

DISCUSS

“Mourning needed to give way to movement. They had to go from No Mo to Now Move... don't let what is dead stop you from living.” p.118 “What do you need to leave behind so you move forward? What do you need to mourn for a season, then leave buried on a mountain?” p. 120

1. What do you need to let go of so you can move forward?

A grid of 25 columns and 8 rows of dots. The top row is highlighted in a darker gray, while the remaining seven rows are in a lighter gray. Each dot is a small, solid gray circle.

"Seeds never die. And tweasels always lie." p.126

- ## 2. What are your seeds? What are your weasels?

PRAY

Use this space to reflect on what God spoke to you through this mindset, and write out a prayer to Him.

MINDSET #4

God is not against me,
but He's in it *with me*,
working through me,
fighting for me.

Week 4

ACTION STEP Walk in confidence.

READ Chapters 14-17 before attending eGroup this week.

NOTES

Read Mindset #4, “**God is not against me, but He’s in it with me, working through me, fighting for me,**” from *Do the New You*. Highlight, underline, or circle what speaks most to you, and take notes below.

CHAPTER 14 NOTES

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CHAPTER 16 NOTES

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CHAPTER 15 NOTES

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CHAPTER 17 NOTES

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RECAP

SCRIPTURES TO REMEMBER	
FAVORITE QUOTE	
MOST IMPACTFUL TAKEAWAY	

REFLECTION

What does the phrase “God is not against me, but He’s in it with me, working through me, fighting for me” mean to you?

God speaks and reveals Himself to us through His Word. Take a moment to write out the scripture that spoke the most to you from this week's reading.

A 10x10 grid of dots on a light gray background. The dots are arranged in a regular pattern, with 10 dots per row and 10 dots per column, totaling 100 dots. The dots are small, dark gray circles. The background is a solid light gray color.

List ways you plan to “walk in more confidence” this week.

MINDSET #5

My JOY is my job.

Week 5

ACTION STEP Own your emotions.

READ Chapters 18–21 before attending eGroup this week.

NOTES

Read Mindset #5, “**My joy is my job,**” from *Do the New You*. Highlight, underline, or circle what speaks most to you, and take notes below.

CHAPTER 18 NOTES

CHAPTER 20 NOTES

CHAPTER 19 NOTES

CHAPTER 21 NOTES

RECAP

SCRIPTURES TO REMEMBER	
FAVORITE QUOTE	
MOST IMPACTFUL TAKEAWAY	

REFLECTION

What does the phrase “My joy is my job” mean to you?

A 10x10 grid of dots on a light gray background. The dots are arranged in a regular pattern, with 10 dots per row and 10 dots per column, totaling 100 dots. The dots are small, dark gray circles. The background is a solid, light gray color.

God speaks and reveals Himself to us through His Word. Take a moment to write out the scripture that spoke the most to you from this week's reading.

What is one area where you would like to “own your emotions” this week?

DISCUSS

"You need a heavenly strategy to keep your emotions in check... How do you move from panic back to peace? From frustration back to faith?" **p.217-218**

- ## 1. What do you do to stabilize?

“You’re stressed, but you’re still seeking. You’re tired, but you’re still trusting. You’re worried, but you’re still pushing forward, looking forward, taking steps of faith as best as you know how. It’s road-weary, battle-scarred, tear-stained, drool-in-your-beard trust, but it’s still trust. It’s still faith. It’s still hope. It’s still praise. And someday, like David, you’re going to say, “I sought Him when I couldn’t see Him. I was groping around in the dark, feeling my way forward in faith, but I couldn’t feel Him. I sought Him, and there was a space, and for a while I wondered if I would make it, but he heard me, and He delivered me.” **p. 238-239**

- 2.** Tell about a time when you exercised ugly trust.

BONUS QUESTION Share one thing you're grateful for.

PRAY

Use this space to reflect on what God spoke to you through this mindset, and write out a prayer to Him.



MINDSET #6

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

Week 6

ACTION STEP Embrace your now.

READ Chapters 22–25 and the Conclusion before attending eGroup this week.

RECAP

REFLECTION

What does the phrase “God has given me everything I need for the season I’m in” mean to you?

God speaks and reveals Himself to us through His Word. Take a moment to write out the scripture that spoke the most to you from this week's reading.

How can you better “embrace your now” this week?

DISCUSS

“God often does things in an unlikely way. In a secret way. In a way nobody saw coming. In a moment no one expected it to happen. Using somebody no one thought could do it.” p.247-248

1. What is the secret weapon God has put in your hand?

“Winning doesn’t always mean what we think it does. For God, character growth is a win. Perseverance is a win. Getting rid of old ways of thinking and acting is a win. And sometimes to win, you have to fail. You have to go through things that break you down in order for God to build you up.” **p. 260-261**

- 2.** Can you think of a time when you thought you failed but God was building something up in you?

BONUS QUESTION If you could only have one sticky note, which mindset would you write on it and why?

PRAY

Use this space to reflect on what God spoke to you through this mindset, and write out a prayer to Him.

A grid of 25 columns and 8 rows of dots. The first column is highlighted in a darker gray, while the remaining 24 columns are a lighter gray. Each dot is a small, solid gray circle.



PERSONAL REFLECTION

I did this book study from

_____ / _____ / _____ to _____ / _____ / _____.

Things that were going on in my life during this time:

A handwriting practice grid consisting of 4 rows and 20 columns of dots. The dots are arranged in a regular grid pattern, with 20 dots per row and 4 dots per column.

My favorite part of the *Do the New You* book study was the part about:

Something God revealed to me during this book study that I never want to forget is:

A 4x20 grid of dots, consisting of 4 rows and 20 columns of small, dark gray dots. The dots are arranged in a regular, repeating pattern across the entire grid.

Prayer requests from my group that I want to keep bringing to the Lord include:

ACKNOWLEDGMENTS

To all of our *Elevation eGroup Leaders*, thank you for leading an eGroup and helping people in our church find community and activate their faith. You help a big church feel small by creating spaces for people to be surrounded by others who will encourage, support, and challenge them to grow in relationship with Christ. Your impact within this ministry is great. Thank you for helping people grow closer to the version of themselves that God created them to be.

