



## GROUPSDISCUSSION GUIDE

WEEK Jan 8–14

### MAIN IDEA

What habit(s) are you stuck in that need to be replaced with healthier ones?

### CHECK IN (HIGHS & LOWS) 15 min

A great, quick way to catch the highlights of what is happening in the lives of the people in your group is to take turns quickly sharing the “highs & lows” of your week/holidays. High: What was your biggest highlight since we last met? Low: What was the low point during this time?

### SETTLE IN (ICE BREAKER) 10 min

Do you set New Year’s resolutions? If so, do you keep them? If you don’t make resolutions, why not?

### DIG IN (UNDERSTANDING) 35 min

1. Read Romans 7:14-20. How does Paul describe being a slave to sin?
2. What are some ways in your life that you see this play out?
3. Read Romans 7:21-23. Paul uses the word “war” to help us understand the battle he faces when it comes to sin. How does

the use of the word “war” describe the way we should view the fight against sin? Verses 3-6 have wise spiritual instruction. Don’t miss it! What’s the warning in verses 3-4? How can we think we are something we are not?

4. In Hebrews 7:24-25, Paul reminds us that through Jesus we are both rescued and delivered. What does this mean to you?
5. Read Romans 12:2. What are examples from your life of being conformed to the pattern of this world?
6. How do we walk into being “transformed by the renewing of your mind”? What could that look like in your life?
7. How can you apply Romans 12:2 to fighting the war against sin?

### GEAR UP (APPLICATION) 15 min

1. Our Spiritual Pathway (Experience God, Build Community, Impact Lives), can help us turn bad habits into good habits. Discuss with your group or write down how these areas inside the Spiritual Pathway can help fight against sin.
2. What habit(s) in your life currently are you hoping to replace with healthier ones? What is one small change you can make this week to do so?

### STEP UP (HOMEWORK) 5 min

1. Use this week to think about the practical ways you would like to change the habits you talked about today. Discuss this with your group at the beginning of next week’s meeting.
2. If you purchased the book *Creatures of Habit* by Steve Poe, read chapter 2 on anger to prepare for next weekend’s sermon.