



Weekend Resources

January 18, 2026

The Conscience Question

Use these questions and resources during your study time or with your group.

RECAP: It's about making better decisions now so we have fewer regrets later. Our decisions determine the direction and quality of our life, so we need to ask better questions. Through five key questions, we explore how to move from reactive, short-sighted choices to intentional, wise living — or as we like to call it, walking **The Road Less Stupid**.

MAIN POINTS

- Turn it On - His Holy Spirit
- Set it - His Word
- Reset it - His Grace

GETTING STARTED

- Are you more likely to hit the snooze button once... or five times? What usually convinces you it's time to actually get up?

SCRIPTURE

- [Acts 23:1, Acts 24:16, 1 Timothy 1:5, Ephesians 4:19, Titus 1:15, Colossians 3:15, 1 Samuel 24:4-7, 1 Samuel 24:10-12, Psalm 119:11, Hebrews 9:14](#)

DISCUSSION QUESTIONS

- The message describes conscience as an *internal alarm*—something that creates tension when a decision doesn't sit right. Can you think of a time when you felt that kind of hesitation before a decision? What was that experience like, and what did you do with it?
- Tom pointed out that we often don't make bad decisions because we lack information, but because we *explain away* the tension we feel. What are some common ways people (including ourselves) tend to talk themselves out of listening to that inner tension? Why do you think that's so easy to do?
- In the story of David and Saul, David changed course even when logic, opportunity, and the people around him told him to act differently. What stands out to you about David's decision in that moment? What do you think it costs—and what might it protect—when someone chooses to pause instead of pushing through a decision?

APPLICATION

- **Turn it On:** Where in your life do you most need to slow down and create space to listen—rather than rush to a decision?
- **Set it:** Is there an area right now where pre-deciding *before* the moment could help you avoid regret later?
- **Reset it:** What's one situation where grace might look like owning it, making it right, and starting fresh instead of carrying guilt?

RESOURCES

- "I had the **right** to remain silent - but I did not have the **ability** to." - Ron White
- "A **good conscience** is a soft pillow - it helps you sleep at night. A **clear conscience** is far more valuable than money." - Anonymous
- "One breach of integrity leads to another. The first breach gives **permission** to the second - and the second creates a **pattern**." - Andy Stanley
- "Someone with an unhealthy craving for controversy can always convince himself that he's a warrior for Christ - instead of a **captive to his passions**." - Russell Moore
- "Making a **permanent decision** based on a **temporary emotion** is almost always a mistake." - Carey Nieuwhof
- "**SPIRITUALITY CANNOT HAPPEN AT PACE.**" - Dallas Willard
- "*In contemporary society, our enemy majors in three things: noise, hurry, and crowds.*" - Richard Foster
- "**Every choice** is a **vote** for the person you are becoming." - Craig Groeschel