



FROM THE BIBLE
Romans 7:15, 19, 24 (NLT)
1 Corinthians 15:9-10 (NLT)
Zechariah 4:6 (NLT)
2 Corinthians 12:9 (NLT)

MESSAGE TO CONVERSATION GUIDE

We need to change how we're trying to change.

1. Joel started out this message by talking about 2 different stories. Story #1 was a success story of how he was able to change his workout routine. Story #2 was an unsuccessful story of how he wasn't able to change cutting out Mountain Dew. Do you have a success story and/or unsuccessful story with change you can share?
2. According to a survey done by INC. Magazine, 41% of us set New Years Resolutions, and 91% of those that set some sort of resolution will quit their goal. Do you set New Years Resolutions, why or why not? How has your track record been if you do set yearly goals?
3. Read Romans 7:15, 19, & 24. What is the Apostle Paul saying in these verses and how relatable do you find his sentiment?
4. This particular message was called, *we need to change how we're trying to change*. Why do you think it was called that?
5. Read Romans 7:24-25 and discuss this quote from the message, *we can't change ourselves on the outside until real change takes place on the inside*.
6. Joel illustrated our approach to change as Jesus followers with a game of Tag. What do you remember about the 3 Tag scenarios; *Tag, you're it. Tag, Jesus is it. Tag, Jesus is it but I have to have skin in the game to change*.
7. The biggest practical takeaway from this message was as follows, *in order for me to change _____ about myself in 2024, I have to attach a spiritual reason to the thing I want to change*. Can you give some examples of what this means?
8. Our "might" and our "power" isn't the difference maker in our ability to change. Read Zechariah 4:6 and discuss where our power to change truly comes from.
9. Discuss this quote from the message, *to optimize our lives, it takes our effort PLUS the power of God Almighty to change who we are*. Why is the "plus" important?
10. Our homework from this message was as follows; *set your goal, know why & how you want to hit your goal, and make your goal spiritual*. Do you have a goal that you want to share with the group and if so, how to apply the homework to it?