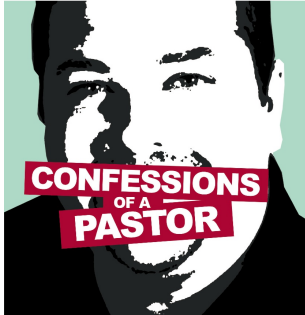




# onechurch

## bigIdea



Some people think that pastors don't struggle with bad habits, bad attitudes, and bad choices. But nothing could be farther from the truth. Many times people think that when you become a Christian, all of your junk gets taken care of. As Christ followers, we live in the same world, the same input, the same stimuli and temptations that everyone deals with. We struggle with the same junk. So how can we stop sinning?

- This study has the potential to drill down deep into the sins that all of us struggle with. I suggest that for this study, the men and the ladies break up to talk openly. Afterwards, come back

**BIG IDEA:** Jesus saves you all at once. But He changes me little by little.

### GENDER SPECIFIC DISCUSSION QUESTIONS

1. What habit do you have that you can't seem to break? What New Year's resolution or other commitment have you started with good intentions, only to let fizzle out?
2. Read Romans 7:15-20. If you were a psychiatrist and Paul came to you and said what he wrote in this passage, what would your diagnosis be?
3. What is the root problem of people that Paul exposes through his own example? (Romans 7:14-24)
4. Do you think Paul is talking about his life before he became a Christian or after?
5. What's one good thing you know you need to do, you want to do, but you just can't?
6. Read Romans 8:1-4. From these verses, how would you explain to someone who feels they are not good enough for God?

Chris talked about how to get victory over sin: *Hate it. Starve it. Outsmart it. Question it.*

7. What does it mean to *hate* sin?
8. What are some practical ways that you can *starve* the sin in your life?
9. When you outsmart sin, what part of the body do you use?
10. Outsmarting sin happens all in the mind. How can you practically outsmart sin? (Read Psalm 119:11 and Romans 12:1-2)
11. Question it is all about accountability. Talk about some ways that men on men and women on women can start having some accountability in your group.

### CO-ED DISCUSSION QUESTIONS

*Come Back Together.* Pass around 3x5 cards and have everyone anonymously write down three sins that they are struggling with. Take the cards up and after small group, go outside, light a match, and burn the cards.

12. Ask, "How did it feel to watch your sins go up in smoke?"
13. Come back in and have communion with your group.

### WHAT WILL YOU DO?

Get into an accountability relationship with someone in the group and start meeting together. Give them permission to start asking the hard questions in your life. Remember, accountability will only work if you are real with them and tell the truth!

### VERSES TO GO DEEPER

Romans 5; Romans 6; Romans 7; Romans 8; Psalm 119:1-11

