



week one

disciplines of disengagement

bottom line

Breaking loose from lesser engagements frees us for fuller engagement with God.



**FASTING FROM
BODILY DESIRES**

corresponding teaching content

Invite your group members to watch the corresponding teaching by Pastor Andrew on LivingInhabit.com's Media page before you begin this week's discussion guide.

group icebreaker

Describe a fun or creative engagement proposal story you're familiar with.

reading scripture together

Read about *Living Alive in Christ* in Colossians 2:20 - 3:10.

play today's group intro video



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suggested discussion questions

getting connected with scripture:

- Why do you think following extra rules would fail to restrain our tendencies to indulge the desires of our flesh?
- Why is the mind such a key component in combating the sinful desires of our flesh?
- What are habits/disciplines you already practice that help you set your mind “on things above” (3:2)?
- *Language like “put to death” in verse 5 is common in New Testament passages like this.* Why is there a need for such strong language?

getting real with each other:

- Can you give an example of a time you had to say “no” to something (even something good) to be able to say “yes” to something better?
- What’s an area of your life in which you would like to experience more freedom?
- **Reflection Question:** Are there areas of my life that I’m too ashamed to bring up today but I can carry to the Lord?

getting practical with our faith:

- Why is “just stop” such unhelpful advice when we’re stuck in a negative behavior?
- How are formational habits able to help us get past mere behavior management to address the root of our problems?
- As we practice these “disciplines of disengagement,” how can we keep our reliance on the Holy Spirit and not on our own strength?
- **This Week:** Consider making an appointment with a pastor through our FCOG app to talk about your InHabit journey or a specific area of struggle or shame.