

THE RACE

week 2

Text: Ephesians 5:3-4

Theme: Letting Go of Sin

Big Idea: You can't run free when you're weighed down.

- **The Hurt: We're often weighed down by sin that we've normalized or ignored.**
- **The Answer: Jesus invites us to let go of what doesn't belong and replace it with gratitude.**

Main Question:

What's something you're carrying that you know you need to let go of?

Follow-Up Questions:

1. **Why do you think we sometimes keep things in our lives that we know aren't good for us?**
2. **How do our thoughts or words sometimes weigh us down spiritually?**
3. **What does Paul say should replace those behaviors? Why is thankfulness powerful?**
4. **What's one way sin can affect our ability to experience joy or peace?**
5. **Who can help you take a step toward letting go of something this week?**