



Living From the Inside Out – Week 32 June 14, 2026

LIFEgroup Leaders Guide

Icebreaker Questions:

What's your guilty pleasure movie or TV show?

LIFEgroup Lesson

1. **Read Romans 7:15–19.**

In what ways do you relate to Paul's struggle between his actions and desires? Share an example of a time when you found yourself doing something you didn't want to do.

2. Jake explained that **dopamine-addictive activities** can make us feel happier in the moment but ultimately aren't beneficial for us. Fasting from these activities gives us an opportunity to rediscover joy in simpler pleasures. What simple, everyday pleasures bring you joy?

3. **Read Colossians 3:9–10.**

Renewal is a process that requires intentional practice and awareness of God's presence. What habits do you currently practice—or hope to develop—to help you become more aware of God's presence in your daily life?

4. One step toward renewal is believing what God says about you. What do you believe God says about who you are, and how does that shape the way you see yourself?

For further encouragement, read 1 Peter 2:9–10.

5. In what ways can the members of your LIFEgroup support you and encourage accountability as you pursue renewal?