



Week 2- "Despair"

At the beginning of a New Year we tend to look at the areas of our lives that we want to change and grow in. We seem to know that there are areas in our life that need to change. In this week's message we explore what Christianity teaches, not about how we can change ourselves, but how we can lean into how God changes us.

1. What stood out to you from the message?
2. Do you agree with the idea that you don't have the ability to change yourself? Why or Why not?

Read Romans 3:9-18, 23

It can be so easy to acknowledge that we aren't perfect and harder to admit that at our core we are more sinful than we could ever dare believe.

3. How do you see your heart?

Mark 2:17 says: "Healthy people don't need a doctor-sick people do. I have come to call not those who think they are righteous, but those who know they are sinners." Christianity teaches that we need help from a Savior outside of ourselves to fix the brokenness that we can't fix on our own.

4. How important do you think it is to acknowledge your brokenness and that you need God's grace to heal your heart?
5. When you think about the things in your life that you want to change, what are you trusting in: your own self efforts or are you leaning into His grace to help you grow?

6. How could self despair and a collapse into Jesus's grace everyday impact your life?

7. What do you think this practically looks like?

If you want to know how God changes us we need to first acknowledge our self despair. In and of ourselves we are more sinful than we ever dared believe. When we can see the true condition of our hearts we can collapse into the arms of a gracious Savior. Jesus' salvation doesn't simply offer us assistance, it rescues us from our sin disease. If you have never taken a step of humility and faith in Jesus and want to process your questions and thoughts with someone you can reach out to me, or I can connect you with a staff member that you can talk to. Simply let me know how I can walk with you.