



Week 1- “The Curse Of The Scale”

There are two ways that Christianity is portrayed and experienced in our world and even in our churches. In this Series we look at the two ways or two rooms if you will, that we find ourselves being invited into and which room we live in.

1. In your experience how would you describe Christianity? How has this shaped your faith?

Galatians 1:6-7 says, “I am astonished that you are so quickly deserting the one who called you to live in the grace of Christ and are turning to a different gospel which is really no gospel at all. Evidently some people are throwing you into confusion and are trying to pervert the gospel of Christ.”

2. In what ways have you strived to prove to God that you are good enough?

3. Have you ever felt as if other Christians were trying to fix you? Share about that experience.

4. Have you ever felt like your acceptance by God was based on a scale? Like you better do the right thing and say the right thing in order to be accepted?

5. Do you ever feel that if you struggle, have certain emotions, or feel fear that you're not pleasing God? Why or why not?

6. Do you have things on your “scale” that you keep hidden from God and others? Things you have tried to fix yourself that you can't? What do you think will happen if you are completely honest about those things with God and others?

Read Galatians 3:10-14

7. Christianity is not trusting in what you can put on the scale in order to gain acceptance into God's family but simply trusting what God has done for you. How does this truth help you trust God with the things in your life that you can't fix on your own?

The good news of the gospel says that your best intentions can't fix or save you and your worst sins can't out do the grace, love, and power of what Jesus did for you. Christianity also teaches that Jesus puts His Spirit in you to redefine you.

8. In what ways can you lean on His Spirit when the tension to prove rises in you? What does this practically look like for you?

Read Galatians 2:16,21

9. Paul is reminding Galatia not to build the scale back. What step of trust can you take this week to rest in who Christ says you are, and trust that He is making you like Him?

In the book "The Cure" the tension of the scale is described through two rooms: the room of good intentions, and the room of grace. In the room of good intentions your efforts are always on the scale trying to do everything you can to please God. In the room of grace you trust what Jesus did for you and you trust what Christianity says about you is true. Our hope during this series is that as we explore what these two rooms look like you can ask yourself: "Which room am I in?"