



## Hillside Church of Marin Small Group Discussion Guide

**The Places We Get Stuck - pt. 1**

**Date:** 01/7/24; **Scripture:** Romans 7:18-25

**Main Point: We can begin to find freedom from the places we get stuck as we recognize we are stuck, ask God for help, and seek a greater connection to God.**

### Getting Started

Share a time in your life where you got stuck - a funny story if you have one. Share it with the group.

What are some places in your spiritual life where you tend to get stuck?

How does feeling Stuck affect your daily life? Your motivation, your relationships?

What are the ways you try to get unstuck? Are they working?

### Discuss the text

**Read Romans 7:18-25.** What strikes you the most about this passage? What is the tension? What is the hope? Can you identify with Paul?

In your own words what is Paul saying? What are the keys to change that we see here?

**Read Isaiah 53:5.** Do you really believe God can heal you?

Given what you know of God, what do you think that healing process might look like? Do you think you might be surprised what healing looks like?

**Now read Colossians 3:9-10, Ephesians 4:22-24, and 1 Peter 2:1-3**

What do these tell us about the dual sided nature of change?

How do these connect to the analogy of getting air out of the jar?

### Reflect and Apply

If you could walk away with only one thing changed about you as a result of this series, what would you want it to be? Think about it for a moment and share with the group if you feel comfortable doing so.

Take a moment and think about these passages. What do we see so far about how to find freedom in the places we find ourselves stuck. How would you summarize what we have learned?

In light of that - what is something you could do this week to take a step in the right direction?

### Prayer Time

Pray with and for one another about things that came up in the conversation.