

Series: Own Your Past, Change Your Future

Message #5: How Do I Better Control My Actions?

Speaker: Deacon Ales

Icebreaker:

What's something in your life that you've successfully changed? (Can be light-hearted or more serious)

The "sermon in a sentence:"

Real, lasting change comes from the Lord.

General Discussion: Read Romans 7:18 - 8:4

1. Have you ever felt like you were caught in a cycle of behaviors or habits that you wanted to change but struggled to? How does Romans 7:18-25 resonate with that experience?
2. When you think about having a sense of purpose in life, particularly in light of Romans 8:1-4, how does that influence your perspective on the possibility of change and transformation?
3. Reflecting on your own journey of faith, how have you experienced God's power at work in your life, particularly in moments of change or transformation described in Romans 8:2-4?
4. How do you maintain hope and perseverance when faced with challenges or setbacks in your pursuit of change or personal growth, considering the encouragement found in Romans 8:1?
5. In what ways do you think God's power, purpose, and persistence intersect in our efforts to change and grow as individuals and as a community of faith, as described in Romans 7:18-8:4?

Application Discussion:

1. Think about a change you've been wanting to make in your life. How can you embrace God's power and presence to help you navigate this change?
2. What are some practical steps you can take to clarify your sense of purpose and align your goals with God's purposes for your life?
3. Share with the group a time when you had to persist in pursuing a change or overcoming a challenge. What kept you going, and how did you experience God's presence during that time?
4. Discuss ways you can support one another in staying accountable and encouraged in your individual journeys of change and growth.

Pray for one another related to the application questions above.