

OPENING QUESTIONS

- Share Highs & Lows from your week!
- If you were to go to Dutch Bros right now, what would you order?
- What would you prefer to have for dinner, salad or ice cream? Why?
- What is your favorite type of ice cream (or salad, if you are one of those people that chose that)?
- Why do we sometimes struggle when we know it is the right thing to eat healthy, but we don't?
- Have you ever made a bad decision that you knew you'd regret later?
- Can you explain why you knowingly made a bad decision?

Read: Romans 7:14-25

Answer:

- Summarize what Paul is struggling with in this passage?
- Why do you think Paul felt so strongly about the struggle between him being a sinner, but also being redeemed?
- In what situations do you see this struggle within yourself, like Paul did?
- How do you usually respond when you find yourself doing what you don't want to do?
- Why do you think we have the tendency to give in to what we want to do when we know God's way is better?

Discuss:

- Which one do you usually end up feeding more or putting more energy into, your sinful desires or your redeemed nature?
- When are you most tempted to feed your sinful nature and why?
- Does this show you any potential growth areas in your relationship with Christ?
- What can you do in this situation to actively starve your sinful nature?

APPLY IT

Where do you need to ask for Christ’s help in the struggle between your sinful and redeemed natures? What steps can you take to feed your redeemed nature in that area?

MARK OF A DISCIPLE

Disciples of Christ know that Christ alone can redeem us from our sinful nature.

PRAY TOGETHER TO CLOSE