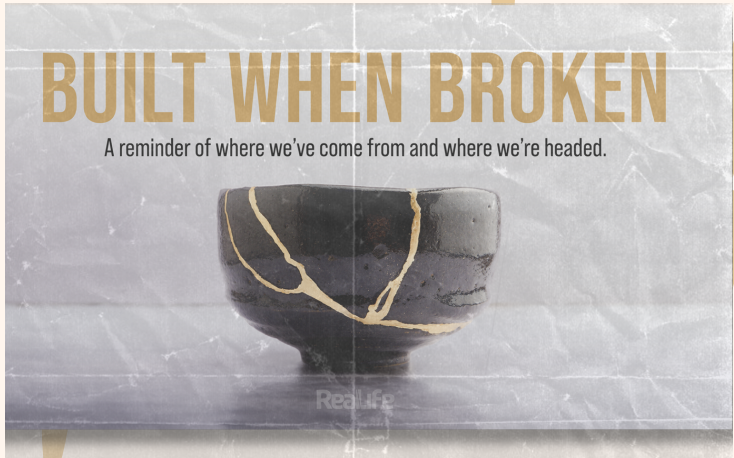


# SERMON WEEK 4 DISCUSSION GUIDE



## One-Minute Recap

**We all have hard habits to break.** This is especially true in seasons of pain. We often don't realize that there is a relationship between shame and continued behavior because we don't pause to ask ourselves hard questions about where that behavior is coming from.

## Q + A

1

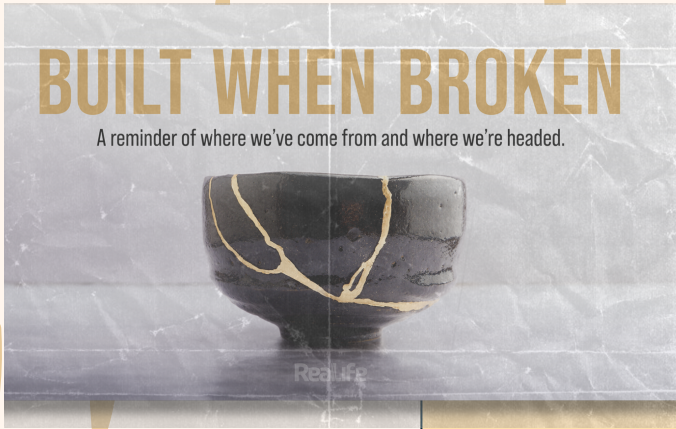
**What is your hard habit to break?** Here are some examples, but feel free to add your own.



- Losing your temper too much
- Drinking too much
- Worrying too much
- Feeling apathetic too much
- Using your phone too much
- Or, what is your *too much*?

# LEARN

## READ VERSES OUTLOUD



1

For the grace of God has appeared that **offers salvation to all people.**

2

**[Grace] teaches us to say “No” to ungodliness and worldly passions**, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a **people that are his very own, eager to do what is good.** (*Tt 2:11–14*).

▶ **The Christian life is not one of perfection and following the rules. That’s religion.**

▶ **Religion is trying to please God without God.**

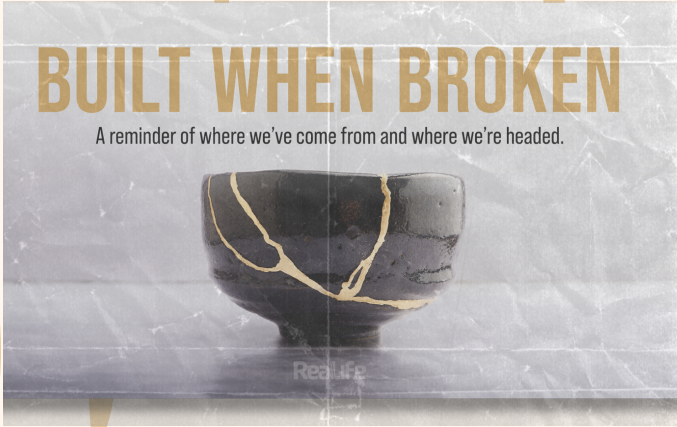
What is your experience or background with *religion*? How do you perceive it?

▶ *Share an example of when you chose to act differently out of wanting to show God you loved Him instead of an obligation to some impossible standard.*

Would you describe yourself as someone who is eager to do what is good?

# FOLLOW

## Practice remembrance



We have all picked up ways of dealing with pain from our childhood whether we realize it or not. What did you learn about how to handle pain as a child?

*Examples: control everything, withdraw from conflict, numb the issue, distract yourself, worry more, pretend it's not there, etc.*



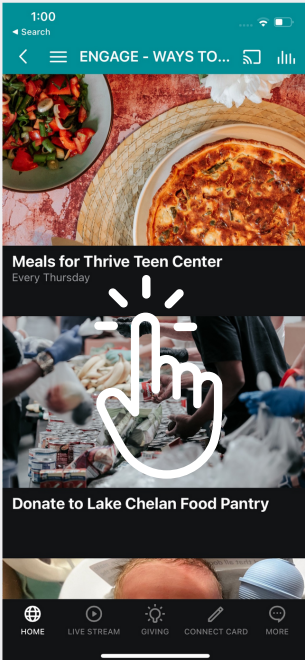
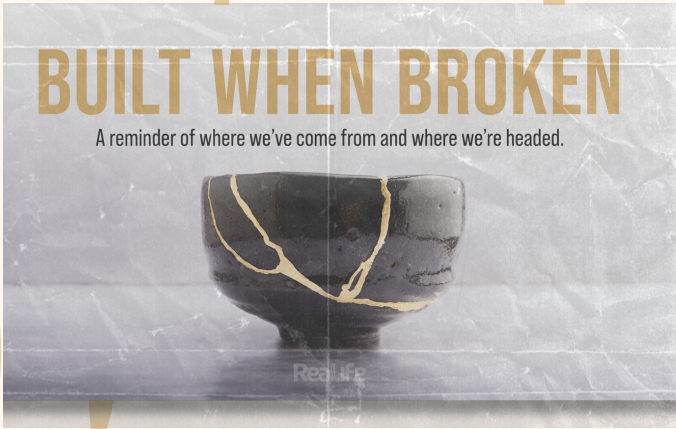
### FOLLOW PRACTICE

*Sit in silence for three minutes and think of something (big or small) you'd like to stop doing that stems from unprocessed pain.*

*Commit to sharing that information with at least one person in your L.I.F.E. Group.*

# ENGAGE

serve others



## HAVE YOU ENGAGED THIS MONTH?

One of the most beneficial ways to deal with roadblocks is to serve others and help them in their pain.

**Check out our Engage Page on the app for opportunities to engage with your L.I.F.E. Group**

**CLICK THE PHOTO**  
**DOWNLOAD THE APP**