



Getting to know you: Would you rather not be able to sleep for a whole year or eat for a whole year?

Quick Review: Looking back at your notes from this week's teaching, was there anything that caught your attention or challenged you?

Sunday, October 15th
LifeGroup Discussion Guide
Did God Really Say: Crucify the flesh & live by the Spirit

MY STORY:

1. Read Galatians 5:24-25 what are these verses saying? Do you feel like you are in step with the Spirit?
2. When is the last time you felt guilty? When is the last time you felt shame?

DIGGING DEEPER

1. Read 2 Peter 2:10 The more we indulge in the flesh the more it takes over our entire being. Reflect on this thought. How have you noticed this in your life? Are there things you need to give over to God right now?

2. The way to fight the flesh is not through willpower but through the Spirit's power. Do you ever try to beat the desires of the flesh by yourself? What does it mean to let the Spirit help in beating the flesh?
3. When we learn a habit that is unhealthy, we must unlearn it with a counter habit. What are some unhealthy habits you have? What are some habits you could form in its place?
4. What does it mean to be transformed by the renewing of your mind?

TAKING IT HOME

1. This week take one bad habit you have and work on replacing it with a good habit.

PRAYER REQUESTS/PRAY FOR ONE ANOTHER!

Leaders, don't forget to take attendance!