



LEADER GUIDE: 10//16//19

BIG IDEA: Why do I do what I don't want to do?

CORE SCRIPTURE: *18 And I know that nothing good lives in me, that is, in my sinful nature.[d] I want to do what is right, but I can't. 19 I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. 20 But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it. 21 I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. Romans 7:18-21*

DISCUSSION QUESTIONS

Start **GROUPS** tonight by catching up and introducing any new students. Then, recap today's message.

- 1) Name some of the brightest moments from your childhood (2yrs – 12yrs old). Explain why they mean so much to you.
- 2) Even with the brightest moments engrained in our hearts, there are also “dark” ones that cast a shadow over our lives. This shadow leads us to make poor decisions! Have a student read the scripture from **Romans 7**.

What are the things you find yourself doing that you wish you didn't do? (**LEADERS NOTE:** *You lead and share from your life. *Use Discretion*. Example could include lying, cheating, comparing, idolizing, stealing, addiction, etc.*)

Have you ever taken the time to figure out why these could be issues in your life? Explain.

- 3) To understand the “why”, sometime we need to take a closer look at some of the experiences that have played a part in our lives and shaped us into who we are now. (**LEADERS NOTE:** *Go through the list before but make the participation optional.*)

Raise your hand if any of these apply:

- You don't ever see one or both of your parents? (Examples: Dad left, Mom lives in a different state, etc.)
- Experienced the death of close family member or friend.
- Carry a “negative script” that has been passed down to you.
- Suffered from some kind of abuse.
- Moved from city to city and stability is hard to find?
- Have family members who suffer from addiction.
- (**LEADER NOTE:** *Add more situations if they could apply to your group?*)

Discuss how you believe these experiences have shaped the person you are today, both good and bad.

- 4) What it makes it so hard to deal with some of the pain we have experienced and why do we tend to avoid it? In what ways can avoiding pain effect our emotional, mental, physical, and spiritual health?
- 5) What are some of the benefits in choosing to face our shadow? In what ways can facing this pain effect our emotional, mental, physical, and spiritual health?
- 6) Scripture tells us that God (Jesus) is light. Why and how could/can a relationship with Jesus help us deal with our shadow?

CHALLENGE: Take out your phones and put these questions in your “notes” or somewhere you will remember. When you find yourself “doing what you don’t want to do”, remember it may be coming from a place of pain. Before you “do what you don’t want to do”, ask yourself 3 questions:

- *What am I feeling and what am I feeling about that feeling?*
- *What am I sad, glad, angry, or anxious about?*
- *Where in my body am I feeling stress or tension and what might this be telling me about what is going on inside of me?*

By answering these questions, it will lead to better decisions, better relationships, and a healthier you!

Reminders and Prayer

PRAY as a group asking God to help each person face their shadow! Be courageous. Be bold. Invite Jesus to shine a light in this dark space of their life.

REMINDER: WINTER RETREAT registration is open. Cost is \$55. Limited Space. Sign up today!