

Series: HABITS

1/10/2021

Message: Who Before Do

Text: Romans 7:15-25

DIGGING DEEPER GUIDE

BIG IDEA: TRUE BEHAVIOR CHANGE IS IDENTITY CHANGE

Getting Started

What New Year's resolution have you started with good intentions only to have it fizzle out?

Reflection/Discussion Questions

1. From reading this passage (Romans 7:15-25), what is your impression about Paul? How can you identify with his struggle?
2. In the midst of Paul's frustration with his actions, what is his hope (v.24-25)?
3. Have you ever given up on something because you didn't see progress fast enough? Share an example.
4. When in your life have you seen small, good habits or decisions build up over time? Or when in your life have you seen small, bad habits build up over time?
5. In what area of your life is "the spirit willing but the flesh is weak?" Diet? Work habits? Spiritual disciplines? Exercise? Other?
6. "True behavior change is identity change." WHO do you want to become in 2021? What is one word that God is calling you to focus on this year?
7. What are the prayer requests on your mind today?

Prayer: Lord Jesus, thank you for the promise of this new year. Help us to embrace the new possibilities before us. Put on our heart the changes that you would like us to make. Help us to focus on you in a greater way. Amen.

Going Deeper: Read the next chapter of Romans, chapter 8:1-17. See how Paul describes the new identity that we have in Christ. How does it relate to our actions and the power to change in our lives?

FOCUS SCRIPTURES:

"I do not understand what I do. For what I want to do, I do not do, but what I hate I do... For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing... O what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thanks be to God—through Jesus Christ our Lord!"

Romans 7:15,18-19,24-25

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Galatians 6:9