
We all have made commitments in our lifetime. We commit with good intentions, but then life happens. We may not have considered the cost, or change was too hard. Giving our lives to Christ is the greatest commitment we will ever make. Unfortunately, old habits still linger and can make us begin to have second thoughts about sticking with it. In this study, we will discuss how to sustain lasting change through the power of the Holy Spirit.

1. What makes commitment so hard? What is something you committed to doing and followed through with? Or, maybe you didn't?

“Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.” James 5:16 (ESV)

2. **Read Mark 1:4-8.** The word repentance often elicits negative thoughts, but it doesn't have to. How is lasting change impossible without true repentance? Is it possible to have a false sense of repentance? Why or why not?
3. **Read James 5:16.** Confession is good for the soul and our relationships. Why is confessing our sins so difficult, yet brings so much healing into our life? How does a habit of confession help you regain God's power in your life?
4. **Read Colossians 2:12-15.** How is baptism symbolic to our new life in Christ? If you've been baptized, what made that moment so special? If you haven't been baptized yet, what's keeping you from being baptized?

“...having been buried with him in baptism, in which you were also raised with him through faith in the powerful working of God, who raised him from the dead.” Colossians 2:12 (ESV)

5. **Read 2 Peter 1:3-4.** In what area are you finding it difficult to believe that God has given you the power to overcome? How can your Life Group help you grow in taking your next steps?