



WEEK ONE: I'M NOT GOD – Study Guide

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There are many things in life we can get distracted with, and stuck in. When asked where in our lives we need to get unstuck, many of us would have different responses to that same question. Thankfully, the Bible has all we need as we look for answers. From Paul struggling with things he doesn't want to do, to Jesus giving us a great guide and help in the Beatitudes in Matthew 5, we will look at how we can overcome our own sin and distractions.

Where Am I Today?

- 1) Have you ever overcome something in your life that was big to you, and that still affects you to this day? If so, what is it? Are there things in your life that you would say are distractions that you want to overcome? What are they?

Into the Bible

- 2) Wrestling with and overcoming sin is not something that's new. Paul dealt with the very same thing. **Read Romans 7:15-25.** What is Paul struggling with in these verses? Who does Paul give thanks to, and why do you think this is significant?

UNSTUCK

WEEK ONE: I'M NOT GOD – STUDY GUIDE

- 3) When we talk about dealing with sin, it's not just some sort of behavior modification, but rather a heart that's been made new by God. Often, we may be so busy trying to fight sin on our own that we forget to actually spend time with Jesus, the very Person who gave us freedom from our sin. When we focus on Him, our sin will pale in comparison. We, along with our sin, become smaller and Jesus becomes larger. **Read Ephesians 2:1-10 and Titus 3:3-7.** What two contrasts do these verses give us between a previous life without Christ, and a new life in Christ? How does someone's focus change after that person finds new life in Christ?
- 4) When we are stuck in sin, it leads us away from our relationship with God. If you are a Jesus follower, you can either be overcome by sin, or you can overcome sin by relying on the power of the Holy Spirit that's living inside of you. He gives you the strength to get sin unstuck in your life. **Read Matthew 5:3.** What do you think Jesus is communicating in this verse? **Read Hebrews 4:14-16.** What's one of the greatest tools we have in our victory over our sin? Why is it so important?

How Does This Apply?

- 5) Like Paul, we can often feel frustrated between wanting to do what is right and fighting against our sin nature. What in your life do you feel stuck in, or maybe like Paul, are frustrated by?

UNSTUCK

WEEK ONE: I'M NOT GOD – STUDY GUIDE

- 6) Sometimes it's hard to actually recognize where in life you're stuck. While a pattern of behavior may or may not be sin initially, anything that takes the place of God is sin because our focus is no longer on Christ, but on something else or on ourselves. What are some patterns you may be getting stuck in that may be affecting your spiritual growth?
- 7) What Jesus has done is life changing for us. Jesus' death and resurrection changed everything. As we learned in the *Into the Bible* section, the good news of Jesus isn't to distract us from our sin, but it's an invitation to be made alive in Him and gain freedom from our sin. How does knowing that we are made alive in Christ change the way you overcome sin, and any distractions or patterns that inhibit your spiritual growth?

Continue Learning on Your Own

- 8) The word *heart* can be found in 869 verses in the Bible. Both the Hebrew and Greek define *heart* as the middle or center of everything, and a place where all our feelings and thoughts come from. In other words, it's super important. It's where everything begins and flows out. That's why, in our study, we talked about the significance of not just trying to change our behavior to overcome sin, but really getting to know God, who changes, renews, and helps our hearts grow in love for Him. Let's look at some of the following verses that will help you learn more about the heart and how to nurture it.

Read Proverbs 4:23. What does Solomon tell us to do with our heart and why?

Read Psalm 119:9-11 and Hebrews 4:12. What role can we play in helping our heart grow and why?