

The *New* You



Feb. 25/26
The Struggle is Real
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We all have areas in our lives that we struggle with again and again. We've recognized the problem, and yet we can't seem to fix it. There's a battle going on inside each of us between good and evil—but through Christ, we can win the battle and defeat what's controlling us.

Discussion Questions

1. Sometimes things happen to us that are outside of our control. Blaming keeps us stuck and it prevents us from taking charge in our lives. Is there someone or something you've blamed in the past that is keeping you from living with joy?
2. Think about the sins you struggle with on a regular basis. What is your signature sin—the thing you just can't stop doing, no matter how hard you try?
3. **Read Ephesians 4:21-24.** What are ways you can throw off your sinful nature and your former way of life?
4. Winning the battle over sin begins with the power we get from the one who lives within. How can you pour into your relationship with Jesus to make him a more central part of your everyday life?

Challenge

One thing is for sure—you won't defeat a signature sin by hoping it goes away. This week, put it on project status. Start by acknowledging the truth and refusing to blame anyone else for your struggle. Then, take time to write out a plan of tangible steps you can take to pursue Jesus and throw off your sin.

Commit to Memory

Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. **Romans 7:24-25**