

Conversation Starters

- Have you ever been in a situation you felt like you would lose control?
- What was it like?

Discuss

In your spiritual life, you will have times that are a real struggle. When we make a decision to follow Christ, how we approach life changes. Every day we will have to make choices to follow God's way. However, we will also be tempted not to follow Him. Becoming a Christ-follower does not mean life will get easier. As long as we are on earth still, we have a sinful nature that rebels inside us to go against what God wants us to do.

I do not understand what I do. For what I want to do I do not do, but what I hate I do. (Romans 7:15 NIV)

- Is there something in your life you continue to do that you should not be doing?
- How do you respond in those situations?

When we are facing a temptation in any area of our life to go against what God wants for us, we have to take responsibility for fighting against that. We cannot place blame on others. We need to own our mess and make a plan for overcoming those temptations.

- Have you taken responsibility for any sin in your life?
- Have you placed blame on someone or something and need to ask forgiveness?
- What are you doing to address any issues you have?

One of the best places to start with addressing sin in your life is to confess it to God in prayer. God offers us a living and active relationship. And if we are honest with our sin to Him, He will honor us and provide help we need to overcome sin in our life, if we are willing to work at it as well. Sin wants us to mess up, but we have a choice and can choose to fight.

Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin. (Romans 7:25 NIV)

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9 NIV)

- What is your relationship with God like? Does it need to be strengthened?
- When was the last time you prayed?
- Have you confessed any sin in your life to God during prayer?

Next Steps

Finding contentment in your spiritual life does not mean that we will end up being in a constant state of happiness and satisfaction. As we learned from Paul in his letter to the Romans, we will have to make choices every day to choose God's way or not. But we can find contentment knowing that God through His Son, Jesus, has secured our eternity and will help us overcome any temptation in life if we choose to stand up and fight with Him.

1. **Evaluate your prayer life.** Do you need to confess anything to God in prayer?
2. **Cultivate strong relationships to pray for each other:**
 - New to Meck? Join us at [Starting Line](#) to learn more about us and begin getting involved.
 - Ready to jump right in? Check out one of our many [Serving](#) opportunities.
 - Want help meeting others? Join us for [GroupLink](#).
 - Need prayer now or to speak with a pastor? Let our [Community Care](#) team know.

Further Reflection

Read Romans 7:15-25.

Pray

God, You are so generous, compassionate, and loving. We are not perfect and all have temptations every day, and do give in sometimes. Thank You for the grace You give us and life You offer to us. Thank You for sending Your Son so that we can know You. Help us to overcome the temptations in our life, and give us the wisdom and guidance and strength we need as we face it each day.