

MESSAGE BASED QUESTIONS



I Choose- Week 3

What we choose matters. No one drifts into being remarkable—the choices we make will either get us there or hold us back. It's time to take a step forward. Are you ready to choose?

Conversation Starter: Pick one of the questions below to get started-

- What's one food item you can't resist?
- When it came to school, were you more of a crammer or a planner?

Discussion Questions:

Question 1: Do you think of discipline as negative or positive and why? What images come to mind?

Question 2: Describe an experience where being disciplined benefited you. (Hint: think scenarios like winning at an athletic competition, getting a promotion, acing a class, etc.)

Question 3: What's one area of your life you want to be more remarkable? What excuses have you made that have kept you from seeing changes?

- **Read Romans 7:15-24**

Question 4: Jesus helps us make better choices but he isn't responsible for our choices. How would you describe the Holy Spirit's role in our decision making?

Question 5: Living a remarkable life is a series of small steps in the same direction over a long period of time with God's help. How does knowing that change is a process that happens over time, not overnight help encourage to action?

Question 6: What are some practices or systems you can put in place to help you accomplish your goals? Who are some people who can help you stay on track?

Next Steps:

- **Pause-** Next time you are tempted to sacrifice what you want most for what you want in the moment, pause and consider what is at stake.
- **Make a plan-** When you have a goal in mind and have defined milestone moments on your journey you are less likely to choose regret over discipline.
- **Find you people-** Identify people in your life who can help keep you on track. We always go further together!

Prayer:

God, thank you that life change is a process that happens over time. Thanks for patiently sticking with us and never giving up on us. Please help us listen and recognize your voice. Give us the determination to obey your commandments. Help us to learn and appreciate disciplines role in making us more like Jesus, one step at a time.