

LifeGroup Study
UNSTUCK: What Comes First
2022-01-09
Participant Notes

OVERVIEW:

Welcome to our LifeGroup study, Unstuck. This series is all about experiencing change in our lives. In today's study, we'll dig into what comes first. True change happens when we live in the truth of our identity in Christ and allow Him to transform our lives.

ICEBREAKER: My One Word.

As we begin a brand new year, what one word would you choose to describe how you feel about the prospect of 2022? You may be feeling hope, or apprehension, excitement or fear. Share your word with the group and why you chose it.

STUDY:

READ: Romans 7:14-20

¹⁴We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. ¹⁵I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶And if I do what I do not want to do, I agree that the law is good. ¹⁷As it is, it is no longer I myself who do it, but it is sin living in me. ¹⁸For I know that good itself does not dwell in me, that is, in my sinful nature. ¹⁹For I have the desire to do what is good, but I cannot carry it out. ²⁰Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

1. All of us find ourselves doing the things we don't want to do and not doing the things we want to do. God wants us to be "Unstuck" – to experience the freedom He has for us – freedom from the grip of sin and bad habits – freedom to love and follow Jesus. **In what areas of your life are you feeling "stuck" these days? How do you relate to what Paul writes in Romans 7:14-20?**
2. On Sunday, Pete said, "The most effective way to change your habits is to focus not on what you want to achieve, but on who you wish to become." **What did he mean by this?**

3. On Sunday, Pete gave us a quote we can say to affirm the truth of who we are in Christ: “I am one in whom Christ dwells and delights and I live in His unshakeable Kingdom.” Read this statement out loud together as a group. Do it again!

- **How does this statement speak to who you are becoming?**

4. READ: 2 Corinthians 5:17

“Therefore, if anyone is in Christ, the new creation has come:^[a] The old has gone, the new is here!”

- **What do you think it means to be a “new creation” in Christ?**

5. Here are some truths about who we are in Christ. Take turns looking up the following passages. **What highlights do you find there about our identity in Christ?**

READ: 2 Peter 1:4

READ: Romans 6:4-6

READ: Romans 8:1-4

READ: Romans 8:37

READ: Ephesians 1:3-8

6. On Sunday Pete talked about how getting unstuck happens as we engage in a process or journey to change. It’s not so much about goals as it is about engaging in a system/process/journey of becoming who God has made you to be. **At the beginning of this new year, what step might you take in your journey?**

EXPERIENCE GOD

Watch this video – Who You Say I Am – by Hillsong Worship.

<https://www.youtube.com/watch?v=IKw6uqtGFfo>

From Reuben Morgan: "This song is about freedom. Free from the tyranny of self, free from the opinion of doubters, set free from the chains of our past and the hopelessness of life without God. Gods

kindness has brought us in from the outside and made us royalty. Gods truth over us is final. Sometimes it's good to remind ourselves that God says over us"

You are chosen - 1 Thess 1:4.

You are called of God - 2 Tim 1:9.

You are being changed into His image - 2 Cor [3:18](#).

You are a new creation - 2 Cor 5:7.

You are the temple of the Holy Spirit - 1 Cor [6:19](#).

You are forgiven of all your sins - Eph 1:7.

You are redeemed from the curse of the law - Gal [3:14](#).

You are blessed - Gal 3:9.

You are the head and not the tail - Deut [28:13](#).

You are above and not beneath - Deu [28:13](#).

You are victorious - Rev [12:11](#).

You are set free - John [8:31](#).

You are strong in the Lord - Eph [6:10](#).

You are healed by His wounds - 1 Peter [2:24](#).

You are free from condemnation - Rom 8:1.

You are reconciled to God - 2 Cor [5:18](#).

You are joint heirs with Christ - Rom [8:17](#).

You are more than a conqueror - Rom [8:37](#).

You are accepted in Him - Eph 1:6.

You are complete in Him - Eph 2:5.

You are dead to sin - Rom 6:2.

You are alive with Christ - Eph 2:5.

You have the mind of Christ - Phil 2:5.

You can do all things in Christ Jesus - Phil [4:13](#).

You are the light of the world - Matt [5:14](#).

You are the salt of the earth - Matt [5:13](#).

You always triumph in Christ - 2 Cor [2:14](#).

You are beloved of God - Col [3:12](#).

You are one with Christ - John [17:21](#).

You are fearfully and wonderfully made - Ps 139:14.

PRAYER

This week let's pray for the Celebrate Recovery (CR) Canada ministry. This ministry equips and encourages CR groups across the country.

- Please pray for the Get Connected Canada Online Conference Feb 26, that this conference would support and strengthen new and existing groups.
- Pray for good connection, travel weather & conditions for churches hosting CR Conference watch parties 2/26.

- Pray for protection and strength for the new groups preparing to launch across the country in the next few months.