

Greater Reward

Why willpower alone won't bring change

TALK IT OVER

Key Scriptures

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. ... I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. ... Oh, what a miserable person I am! 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 7:15, 18-19, 24-25 NLT

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. Galatians 5:16 NIV

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control ... Galatians 5:22-23 ESV

Going deeper.....

Read Gal. 5 v.16-26

Paul contrasts life led by the spirit and life led by the flesh.

Do a study on these words and concepts.

What strikes you and challenges you from these verses?

Start talking. Find a conversation starter for your group.

- If you could change one thing about yourself with a click of your fingers what would it be? (Keep it fun!)
- When you hear the word “discipline,” what’s the first thing that comes to mind?

Start thinking. Ask a question to get your group thinking.

- Have you ever tried to become more disciplined by using willpower alone? What was that experience like?
- Choose what you want most over what you want now...what examples can you think of where this is true?
- Think about a habit you’ve started or stopped in the past. How did your perception of your identity influence your outcome?
- When we find our identity in Jesus, His power enables us to overcome our wrong desires. What are some ways you can find your identity in Jesus?

Start sharing. Choose a question to create openness.

- What’s one area of your life you wish you could change? What’s one thing you’ll do about it?
- What’s your experience with the cycle of shame mentioned in the message?
- What’s one way you could get closer to Jesus and find the self-control He offers?

Start praying. Be bold and pray with power.

Father, thank You for never leaving us to overcome our struggles on our own. Help us to believe with certainty that we belong to Jesus and that through His power, we can overcome all wrong desires and obstacles we face. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- [Spend time in prayer. Ask God to help you find your identity only in Jesus. Pray for each other.](#)
- Start the *Greater Reward* Bible Plan using Plans With Friends: www.go2.lc/reward