

GNCOMMUNITY BIBLE STUDY GUIDE

SERMON SERIES: "GUARDRAILS"

SERMON TITLE: "MUSCLE MEMORY"

DATE PREACHED: SUNDAY, SEPTEMBER 22ND 2019

PREACHER: CODY BALCH



SERMON IN A SENTENCE:

"HEALTHY HABITS ALLOW YOU TO CONTINUE MOVING FORWARD EVEN WHEN LIFE HITS PAUSE."

WARM UP QUESTIONS:

- 🗨️ What are some of your best habits and patterns in life? How and why are they beneficial to you and others around you?
- 🗨️ What are your worst habits and patterns in life? Why are they detrimental to you and/or those around you?
- 🗨️ What bad habits from your past have you "kicked/quit"?
- 🗨️ What good habits do you hope to have in your life within the next year or so?
- 🗨️ How do you interpret the "Sermon In A Sentence"?

DIVE INTO SCRIPTURE:

Romans 12:2 — "**2** *Do NOT CONFORM* to the *PATTERN* of this world, but be *TRANSFORMED* by the *RENEWING OF YOUR MIND*. Then you will be able to *TEST* and *APPROVE* what *GOD'S WILL IS* — His good, pleasing and perfect will."

- 🗨️ What would it look like for someone to "conform to the pattern of this world", and why is the Apostle Paul warning us to not do this?
- 🗨️ Why are we so drawn to have the same "patterns" (habits, customs, values) as the rest of the world?
- 🗨️ Do you believe that it is possible for your mind to be transformed and renewed (or "made-new")? If so, how does that happen?

🗨️ According to this passage, what helps us better know what the will of God is for our life? Why is that the case?

10 SPIRITUAL DISCIPLINES (GUARDRAILS)

1. Scripture
2. Prayer
3. Fellowship
4. Worship
5. Generosity
6. Service
7. Thankfulness
8. Confession
9. Fasting
10. Rest

🗨️ How could these 10 things collectively help you stay rooted, anchored, and growing in your faith, even in hard times?

🗨️ Which of the 10 seem to be the hardest for you, and why do you think that is?

🗨️ Which ones from this list do you think you would benefit most from if it became a healthy habit in the next year? Why so?

🗨️ What is the point of these 10 Spiritual Disciplines (Guardrails)?
{see passage below, as these disciplines are designed to help you stay connected and growing in your walk with Jesus so that you will demonstrate the Fruit of His Spirit more in your life}

Galatians 5:22-23a — “But the **FRUIT OF THE SPIRIT** is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

🗨️ Do you desire more of these 9 characteristics in your life?

🗨️ What are the healthy habits in your life that are leading you closer to the characteristics and heart of Jesus?

TAKE THIS HOME WITH YOU:

☀️ What is **one** healthy habit (or spiritual discipline) that **tonight**, you can commit to growing in? Who here can help encourage you and hold you accountable in this commitment?

🔮 Close in prayer.

MATCHING THEME IDEAS FOR THE KID'S LESSON:

— I'd encourage a worship time if possible (youtube works great {Lifetree Kids & Bible Project}).

— Ask them if they have any things in their life that they need Jesus' help with, and then pray for the requests of the group.

— And feel free to ask any of the kids if they'd like to say a prayer for the group.

▶️ **Read Romans 12:2** — “**2** *DO NOT CONFORM* to the *PATTERN* of this world, but be *TRANSFORMED* by the *RENEWING OF YOUR MIND*. Then you will be able to *TEST* and *APPROVE* what *GOD'S WILL IS* — His good, pleasing and perfect will.”

Ask the kiddos questions like:

- What are some things that you do everyday, no matter what?
- Why do you do those things? Are the good habits or bad ones?
- Do you have any bad habits? What are they?
- What is a good habit that you wish you had?
- What would be a good habit that would help you grow and learn more about Jesus?

Lesson Connected Activity:

- Draw patterns on a piece of paper, and then write a commitment of a new habit that you are wanting to start.
- Play Simon Says, in connection to “Conforming to the patterns of this world”, and use this as an example of how we can often be tempted to do what everyone else is doing.