

**But Why?**  
**Week 3**  
**Why Can't I Stop?**

**TALK IT OVER**

**Key Scriptures**

*For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age ...*  
Titus 2:11-12 NIV

*"Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean."*  
Matthew 23:25-26 NIV

*I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit.* Ephesians 3:16  
NLT

*But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." ... For when I am weak, then I am strong.* 2 Corinthians 12:9-10 NIV

*... But where sin increased, grace increased all the more ...*  
Romans 5:20 NIV

**Start talking.** Find a conversation starter for your group.

- What were some crazy habits you had when you were a kid?

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

- Which part of this message was most impactful for you and why?
- What is your thought process like when you're trying to break a bad habit? How could you focus less on the outward and more on the inward power of grace?
- Read **2 Corinthians 12:9-10**. God's strength is made perfect in our weakness. Where might you need to rely on God's power more than yours?

**Start sharing.** Choose a question to create openness.

- You are only as strong as you are honest. Talk about a habit in your life that you'd like to change. How can your LifeGroup support you?
- How can you focus on God's grace and its promise of freedom from sin this week?

**Start praying.** Be bold and pray with power.

*Father, it can be really easy to believe we need to earn Your approval. Remind us of Your grace, which not only forgives our sins but also frees us from them, too. Please help us have hearts focused only on You. In Jesus' name, amen.*

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

- Grace not only saves us but also sustains us. Spend time each day this week asking God to remind you of His perfect and abundant grace.