

Discussion Questions:

1. Discuss a time when you got stuck in a habit you wished you never started. What was that habit? How did it begin?
2. Share one thing you'd like to "put off" from your life that is exerting a measure of control over you.
3. How might "putting on the Lord Jesus" each day set you up for living with greater freedom?
4. Share one habit you need to "make no provision" for starting today. Pray for one another to that end.
5. Commit to your group that you will memorize Romans 13:14.