

REAL CHANGE

BECOMING WHO YOU WERE MEANT TO BE

Real Change – Week One

Discussion Questions

1. When have you set a goal, resolution, or started a habit in the hopes of becoming a different kind of person? Who is the “aspirational you?”
2. Reed described a gap between who we want to be and who we actually are. Talk about a time when you’ve recognized that gap and experienced the frustration that comes from it.
3. Read Romans 7:24-25. What does Paul describe as the solution to this gap?
4. Change isn’t about trying; it’s about trusting God to transform us. Have you experienced the difference between these two?
5. What would it look like for you first embrace the ways Jesus transforms us before starting with your own effort in an area of life?

*And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.
– Romans 8:11*