

# LIFE

## Part 3 - How do I Break Free?

Scotty Priest

September 19 & September 22, 2024

**John 10:10**– *“I have come that they may have life, and have it to the full.”*

**Open with prayer**

### Get To Know You (10 Minutes)

1. What is your favorite show/movie?
2. What hobbies/activities do you enjoy?

### Observation & Discussion (30 Minutes)

**Romans 7:15**–*I don't understand myself at all, for I really want to do what is right, but I don't do it. Instead, I do the very thing I hate.*

**Romans 7:21-24**–*I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. I love God's law with all my heart. But there is another power within me. Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?*

3. What is something you want to start doing?
4. What is something you want to stop doing?

**John 5:5-15**– One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him,

“Do you want to get well?” “Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.”

Then Jesus said to him, “Get up! Pick up your mat and walk.” At once the man was cured; he picked up his mat and walked.

The day on which this took place was a Sabbath, and so the Jewish leaders said to the man who had been healed, “It is the Sabbath; the law forbids you to carry your mat.”

But he replied, “The man who made me well said to me, ‘Pick up your mat and walk.’ ”

So they asked him, “Who is this fellow who told you to pick it up and walk?”

The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there.

Later Jesus found him at the temple and said to him, “See, you are well again. Stop sinning or something worse may happen to you.” The man went away and told the Jewish leaders that it was Jesus who had made him well.

5. What stands out to you about this story (put yourself on the mat)?

The man at the pool tried to be healed for 38 years.

6. Name an example of how you **tried** something but didn't stick with it and what seemed to get in the way?
7. Have you ever been at the end of your willpower and have been in need of God's power?

## Next Step (10 Minutes)

What are practical ways you can take steps in trusting and following Jesus?

## Prayer Requests (5 Minutes)

Pray with your group to close.

## Resources

Professional Counseling - You can view a list of our recommended professional counselors on our website at <https://journeycolorado.com/resource/>. You can find the QR code on page 87 of your LIFE book as well.

Groups - We have a variety of groups that can offer support - check out our [group directory](#) for information and to connect with our group's team.