

THE POWER TO CHANGE

october sermon series

Discussion Guide

Sick of Being Stuck

Romans 7:15-25 / Pastor Dave Bennett / October 18, 2026

Session Overview

This week concludes our series on technology and its affect on our relationship with Christ and with others. Though we have immediate access to technology, we were created for Jesus to set the rhythm of our lives. Today, we will be talking about God's wisdom and how it's not merely information to collect; it is a Person to follow. Jesus sets the rhythm of the good life by expanding us toward justice, mercy, humility, worship, and real relationships.

Leader Coaching Sidebar

- Begin by creating a safe, grace-filled environment. Remind the group that Romans 7 gives language to a struggle many believers experience.
- Keep the conversation centered on Jesus, not self-improvement. The aim is not to try harder but to surrender more deeply.
- As people discuss their "one thing," guide them toward specific, practical next steps that connect to a spiritual why and a spiritual how.
- Conclude with praying for each person and the area in which they feel stuck.

Key Scriptures

Read these passages aloud as a group. Split them up between a few people if you'd like.

- Romans 7:15-25
- 1 Corinthians 15:9-10
- Zechariah 4:6
- 2 Corinthians 12:9

Start Talking

What are some good habits that you already have in your life?

Purpose: Begin with reflecting on good habits we have and figure out how they became habits. This can help us to start other changes in our lives.

Start Thinking

1. In Romans 7:15-25, what is one thing that stands out to you about Paul's honesty?
2. Why do you think the natural response to being stuck is to try harder? How can this make being stuck worse?
3. Read Zechariah 4:6. What are some specific areas in your life where you're needing God's power?
4. The message described two wrong mindsets: "God, then me" and "God, not me." Which one do you think people most often drift toward, and why?
5. Have you recently started something with great intentions, only to fall short or give up? How could a "God through me" approach help you find the change you're looking for?

Start Sharing

1. Share about a time when you made a lasting change in your life. What role did God have in that decision?
2. Where have you experienced the frustration of wanting to change but feeling stuck in the same pattern?
3. Are you trying to meet a need or relieve a hurt without God's grace? What would it look like to take a step toward His grace this week?
4. When have you been tempted to become passive and simply wait for God to change something without taking a step of obedience?

Start Doing

1. What is one area in your life you'd like to see change that needs a deeper "spiritual why"? How does this change connect to loving God and loving people?
2. We heard the comparison of a rowboat and a sailboat. How can you "raise the sail" and allow God to do the moving this week?
3. What Scripture, prayer, or phrase will you return to when your old pattern feels strong?

Start Doing

Be sure to pray for change in the areas the individuals in your group shared.

Father, thank You for working through us and showing us that we don't have to stay stuck. Sometimes, we try to make changes in our own strength, and other times, we passively wait for change to happen in our lives. Please help us embrace the true, real transformation that comes through knowing You and teach us to live by Your grace working through us. Give us "spiritual whys" so we can change our habits into worshiping You. Thank You that Jesus is our Advocate, that Your grace is sufficient, and that whom the Son sets free is free indeed. In Jesus' name, amen.