



WEEK 4: You vs. You

If your faith were a muscle, how flexible would it be? Could it stretch to your knees? Your shins? Your toes? Or are you not sure you even have any faith to stretch in the first place? Just like your body, if you want a faith that is strong, growing, and capable of carrying you through difficult challenges, you're going to need to stretch it. It might be fun. It might be challenging. But it will definitely be worthwhile. In this series, we'll discover four ways we can stretch our faith from Paul, the author of the book of Romans and a man whose life was completely transformed by Jesus. Thanks to Paul's words, we know we can stretch our faith by **making a commitment**, by starting something new, and **by letting something go**. We can even stretch our faith **when we feel like we've failed**.

THIS WEEK

BIG IDEA: We all fail to do the right thing but the Holy Spirit empowers you if you let Him.
BIBLE: *ROMANS 7:18-25*

- Have you ever tried to learn something that required a lot of trial and error? What was it?
- When you fail at something, how do you usually feel — excited to try again, defeated, ashamed, angry?
- Has failure ever taught you something? What was it?
- Have you ever felt like you failed God? Does anyone want to share what happened?
- Like Paul, have you ever felt like you were stuck doing the wrong thing and wishing you could stop? What happened?
- Think about an area of your faith where you feel like you're failing right now. Do you need to stop doing something that's hurting your growth, start doing something that would help you grow, or both?
- Have you ever experienced a failure so big that you doubted God could help you? Does anyone want to share their experience?
- How does God help us get back up after our failures?
- If someone close to you was struggling in their faith, how would you encourage them? (Did you need to hear any of the encouragement we just shared?)