# WEEK 3
## SMALL GROUP GUIDE




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 my **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*

## THE BIG IDEA

You can stretch your faith by letting something go.

## THE BIBLE

Romans 12:1-2, 16-21; Romans 8:13-14

- **What's the weirdest habit you have?**
- **Have you ever struggled to quit a bad habit? What happened?**
- **If you could wave a magic wand and permanently change one of your habits or behaviors, what would it be?**
- **You don't have to tell us what it is, but are you struggling right now with a harmful habit you just can't break? How is it holding you back?**
- **How do you usually react when someone tells you not to do something? Do you feel the same way when that "don't" comes from God?**
- **Which of these is the hardest for you to let go of, and why?**
  Being proud. Being a know-it-all. Holding a grudge. Looking for revenge. Letting sin control you.
- **Which of these do you most want to grab onto, and why?**
  Humility. Compassion. Integrity. Peacemaking. Goodness.
- **What's something you need to let go of, and something you can hold onto instead?**
- **Read Romans 8:13–14. How can we work together with God to break our bad habits? What's God's role and what's our role?**
- **To stretch our faith this week, what's one thing our whole group can commit to letting go of and one thing we can hold onto instead?**

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