

WEEK 2 | RELEASE

SUNDAY, 9/13 | Romans 13:11-14

“I don't have to keep carrying this.”

THIS WEEK

Following Jesus includes letting go of what no longer belongs in the life he is building in us. Romans 13 gives us an active picture: take off the old and put on Christ. This week is about identifying what we keep carrying, understanding why release can feel difficult, and choosing a better replacement instead of relying on resistance alone.

OPENING QUESTIONS

- What's something you own that you know you should throw away, but for some reason you refuse to?
- What's one purchase under \$50 that has dramatically improved your life?
- If you had to eat at one restaurant for every meal for a month, where are you picking?

GROUP QUESTIONS

1. What's something people tend to keep carrying simply because it's familiar-even when they know it isn't healthy anymore?
2. Why can letting go of an old pattern sometimes feel scarier than continuing to live with it?
3. Read Romans 13:11-14. Paul talks about both taking something off and putting something on. Why do you think simply trying to "stop" something usually isn't enough?
4. Where have you seen replacement work better than resistance in your own life? It doesn't have to be spiritual.
5. Is there something in your life right now that you know you need to release and replace? What might need to take its place?
6. The Morning Change is opening Scripture before opening everything else. What normally gets the first word in your day-and what could change if God got it instead?