



VALLEY REAL LIFE

[RESET: When your sick of being stuck](#)

Last Week

How did you apply last week's lesson about the ABCD of our spiritual journey in other areas of your life? Who did you share the lesson with?

Opener

Have you set a New Year's resolution in the past and how long did you keep it? Do you currently have a resolution or goal for 2025?

Questions

What's the hardest part of keeping a resolution or achieving a goal? Can you think of a resolution or goal you achieved in the past and describe why you think it was a success?

Have you ever caught yourself thinking it starts with God then is all up to you or it's all up to God period? What's the flaw of this kind of approach?

What change(s) do you think God wants to make in your life in 2025? After hearing the lesson, have you thought about your God given "why?"

Scripture Discovery:

Have yourself, another group member, or all group members read the following Scripture out loud

Romans 7:18-25 (NLT)

And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it. 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 that is at war with my mind. This power makes me a slave to the sin that is still within me. Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin.

What does this passage tell us about God?

- What does this passage tell us about people?
- How do you need to apply this passage to your life?
- And who are you going to tell?

Pray