



BETTER – PART 2: TRAPPING A MONKEY

SUNDAY, FEBRUARY 2, 2020

Many of us want life to be better – or at the very least to be better at life. But there are things that keep us from better! Many of them we choose. And not only do we choose them, we choose to hold on to them. And often what we hold on to holds us back from better. To pursue better, we need to identify what we are holding on that's holding us back.

Read Romans 6:16-17

- What's one thing/object you kept around way too long (old college T-shirt, a broken tool, etc.)?
- What does it look like and feel like to be trapped (or held captive) by something?
- What are some things that trap people today?
- Sin is doing things our way instead of God's way. What are some ways sin damages and destroys relationships, etc.?
- What are you holding on to that's holding you back? What do you need to do to let go of it?