

DISCUSSION GUIDE

HOW TO STOP SINFUL HABITS
Stand-Alone Sermon

ICEBREAKER: If you could live anywhere on this planet and take everything that you love with you, where would you choose to live? Why?

OVERVIEW: Many Christians struggle with sinful habits. These are behaviors that you know are wrong, and you are trying to stop, but you just can't. Why are these behaviors so hard to stop? And how can we overcome them? This week we're going deeper with 1 Peter 2:11, a verse that just might give us the strategy we need to finally defeat the sins that keep defeating us.

1. **Read 1 Peter 2:11.** What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. Why is it so hard to overcome sinful habits?
3. Have you ever overcome a bad or sinful habit (doesn't have to be sinful)? How did you overcome it? Would your strategy be useful in any way to others who are battling sinful habits? Explain.
4. What would you say to someone who feels trapped in a sinful habit? What encouragement and hope could you offer them?

5. One reason that sinful habits are so hard to break is that there aren't any immediate noticeable consequences for sin, or any immediate noticeable rewards when you obey. How can you prevent this reality from blocking your path to spiritual victory?
6. Christians live with two competing desires. On the one hand you want to please God. On the other hand, you want to feel good right now (instant gratification). How can you make sure that your desire for God wins over your desire for instant gratification?
7. 1 Peter 2:11 (CSB) says, "Dear friends, I urge you as strangers and exiles to abstain from sinful desires that wage war against the soul." Therefore the solution to sinful habits is to remember that **when you choose to sin you choose to severely hurt yourself**. How does sin severely hurt you?
8. What role does faith play in overcoming sinful habits?

The Last Word: "Many pains come to the wicked."
Psalm 32:10 (CSB)