

**June 1<sup>st</sup> Sermon Based Life Group**  
*"I Gotta' Be Me"*

**Open:** 1. Share with group members about a time when you lost an important competition. How did you feel at the time and how did you get over it?

**Discover:**

1. Read 1 Corinthians 6:18 & Matthew 5:28 together. What might you say to a friend who says, "I got saved six months ago, but nobody told my glands!"
2. How might one think Christ can't help me get over the pull and power of sin? What would you suggest be a way to correct this wrong idea?
3. Quickly relate what you know of the story from 2 Samuel 11 to each other.
  - The saying goes, "Idle hands are the devils workshop." Discuss this saying in light of the David story.
  - Read Psalm 32 together. What did David feel during a full year of refusing to repent?
4. In what ways are people most vulnerable to sexual temptations and what can they do to minimize it?
5. How does sin affect God? How do you know this for certain?
6. Read 1 Corinthians 6:12-20.
  - Paul gives 3 reasons for sexual purity. Each is introduced with the question, "Do you not know?" State each in your own words.
  - What clues does Paul give that he considers sex to be a spiritual as well as physical act?
  - What are the implications for sexual purity in Verses 19-20?

**Life Application:**

1. What does Romans 6:18 mean to be a "slave of righteousness?"
2. How would you contrast the works of the flesh and the fruit of the Spirit from Galatians 5:16-26?
3. What practical steps might one offer to someone who wants to apply the victory that comes through the cross & the Spirit?