



We struggle to conquer Sin in our lives because we treat Sin as a list of dos and don'ts. But Sin is the bending of our hearts away from God. That changes how we approach Sin and how we find freedom.

Scripture for Further Reading

Genesis 3:1-11; Exodus 20:1-17; Matthew 12:33-35; Matthew 23:25-28; 1 Corinthians 6:8-11

Memory Verse

Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for he who calls you is faithful.

1 Thessalonians 5:23-24 (NLT)

Questions for Discussion

1. When you think of Sin, what comes to mind?
2. Why is Sin so uncomfortable to discuss?
3. Why is the treadmill picture of Sin so dangerous?
4. Read Jesus' words in the passages in Matthew listed above. Do you tend to focus more on the inside or the outside of your 'cup'?
5. What does the memory verse promise? How is this different from the treadmill model?
6. How are you using the Lenten season to confess and repent of Sin?

