

I CHOOSE

DISCIPLINE OVER REGRET – WEEK 3

Small Group Time:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with key questions, add any optional Scriptures and questions if needed, and then wrap up by deciding on your next steps.

Main Idea:

We are the result of our decisions. While we agonize over little things like what to wear and what to eat, are we glossing over the big choices? There might be more on the line than you thought when you say “I Choose.”

Key Questions:

1. Have you ever signed up for a gym? How many times? How long did it last?
2. Which is hardest to pass up? A tasty treat, a great sale, or mindless binge-watching?
3. Ben said, “Discipline is choosing between what you want now and what you want most.” How does that statement play out in your own life?
4. Why do you think our actions tend to favor the pain of regret over the pain of discipline?
5. What do you want most? Invite God's guidance into your answer.
6. What are some areas in your life where you feel you lack discipline? What will your life look like in five years if you don't make changes?
7. Read **Roman 7:15-25**. What goals could you set that would require you to rely on God's strength and grace?
8. Share a story of when you were able to choose discipline over regret. What worked for you?

Next Steps:

- What's one thing you will do this week as a result of something you learned from this message?