



Deeper Application Message Guide

“Captive - Throw it away”

Week of Aug 15, 2010

Speaker: Jeff Love

Getting Started

- 1) What are the things that we hold on to? What happens when we hold onto some thing too long?

- 2) Think back five years ago, how are you different today than you were then? Do you think the same, act the same, or view everyday life the same? Share a story with the group of something God has taught you in that time.

- 3) Read **Hebrews 12:1**
What are things that we hold onto that “easily ensnare us”?

Into the Bible

- 4) Read **Hebrews 12:4-11**
The Bible says that God disciplines those whom he loves. We also understand disciplining our children. Why do we sometimes resist discipline in our own lives or get angry when things don't go our way?

- 5) Read **Ephesians 4:22-28**
How do we “put on the new man” and still maintain an attitude of humility?

- a) It is easy for us to stray far away from where God intends us to be by simply forgetting to “be made new in the attitude of our minds”.
Why does our attitude have such a profound impact on the course of our lives?

- b) Read **Romans 12:1-2**
How would you help someone who wanted to “renew their mind”?

Digging Deeper

- 6) Read **Romans 7:15-25**
What are the personal implications of what Paul is saying?