



## Part 1: The Problem Is...

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### INTRODUCTION

Have you wanted to stop or start something to correct a problem in your life? Have you tried what seems like a million different things and yet you still feel stuck? What if the problem you're trying desperately to fix isn't the real problem? What if the real problem is simply a symptom of something else that requires an entirely different solution? We're exploring what it looks like to be set free, even after all our outworking and outsmarting has seemingly failed us.

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### LET'S TALK ABOUT IT

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1. Have you ever encountered a situation where you thought the cause of a problem was one thing, but it was something completely different? What happened?
2. What is one thing you wish you could stop in your life?
3. What is one thing you wish you could start in your life?
4. What is your theory on why you can't sustain the change you want in your life?

### THIS WEEK

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Spend time noticing the problem at work in your life. What is your first response at trying to "fix" or alleviate the problem? Instead of doing what you typically do, invite God into the problem, perhaps by simply asking Him, "Is there another way to approach this?"

"I do not understand what I do. For **what I want to do I do not do**, but what I hate I do. And if I do what I do not want to do, I agree that the law is good."

Romans 7:15