



As for you, you were dead in your transgressions and sins, 2 in which you used to live when you followed the ways of this world..... 4 But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. Ephesians 5:1-2 and 4-5

Conversation Starters

1. What is your fill in the blank answer to this question? God helps those who _____. Where did you pick up this way of thinking about God?
2. Does it surprise you that the Bible contains no reference to God helping those who help themselves?
3. Karla mentioned three groups of people and how they react to the topic of sin. Which group do you most identify with and why? Or maybe you can think of another category that fits you.
 - a. People who think they don't sin anymore, but are glad we are talking about it because other people sure sin a lot.
 - b. People who get kind of mad or stop listening when the topic of sin comes up.
 - c. People who can't stop dwelling on their sin and can't forgive themselves or release the shame and guilt.
4. What is the difference between the bad religion of trying to earn God's love and realizing the primary work of faith is to know God and trust God's love for you?
 - a. How do you know God?
 - b. How do you trust God's love for you? Give a few examples.
5. How might you explore the question, "Do I spend more energy trying to be good or learning to be alive in Christ?"
6. Read Jesus invitation to live with him below? What part of this invitation speaks to your heart? Why?

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Matthew 11: 28-30