

Permission To Quit

Conversation Starters

Looking for a way to get the group talking? Try one of these conversations' starters.

- The *Immeasurably More* study has officially kicked off! What are you believing God to give you immeasurably more of through this study? (Topics: Wisdom, Grace, Confidence, Peace, Love, Strength)
- Take some time to get to know newer members of your group with a quick round of "Have You Ever...?" Ask people to stand up (or raise their hand for online groups) if they would answer "yes" to the following statements:
 - Have you ever completed an Elevation eGroups study before? (Essentials, Philippians, Acts, Mrs. Betterhalf... etc.)
 - Have you ever attended an Elevation Church Pop-Up?
 - Have you ever participated in a LOVE Week event?
 - Have you ever attended a night of worship event?
 - Have you ever read the entire New Testament? How about the Old Testament?
 - Have you ever listened to an entire Elevation Worship album?

Sermon Reflection

Help transition the group to the discussion with one of these questions.

- What stood out to you from this week's message?
- What from the message encouraged you/challenged you the most?

Sermon Discussion

Select 1-2 themes from the sermon to discuss with your eGroup.

- In Ephesians 4:20-24, Paul says that we have learned a new way of life that is different from what we used to do. We aren't defined by our past because it holds no power over us. But, we have to commit to what God is doing in us to embrace our new identity.
 - Reflect on an area of your life where you have seen yourself growing into who God has called you to be. What changes did you commit to for that growth to happen?
 - Read Ephesians 4:14-15. Then complete this statement that Pastor Steven shared: "I will grow to BECOME _____. " Share what you're wanting to become with your group.
 - What changes can you make this week that will help you start growing into the new you in this area?
- Pastor Steven said that we don't get to quit on what God called us to do, but we have permission to quit on the things keeping us from His calling in our lives.
 - Name something in your life that you know God has called you not to quit on and to keep pursuing?
 - What's one thing God might be asking you to quit that will help you grow into the new you?
 - What's one step you can take this week to start quitting the thing keeping you from God and start committing to the thing He's calling you to do?
- Pastor Steven challenged us by asking the question, "are you more committed to your limits than you are to your potential?" Many of us are more loyal to our old selves than we are committed to our new selves. If we argue for our limitations, then we'll live by them. But if we agree with God about our potential, then we can outgrow our limitations.
 - Reflect on what Pastor Steven said, "Are you more committed to your limits than you are to your potential?" Why?
 - Describe a "limit" that you believe about yourself that you argue with God over.
 - What can you do this week to remind yourself that the potential God sees in you is greater than the limit you place on yourself? (example: write out Ephesians 4:20-24 and put in somewhere you'll see it everyday)

Activating Faith

Challenge your group to keep activating their faith. Make this a part of your eGroup time or send this activity to them after you meet.

Take some time to focus on what habits you have created that help you grow into the person God sees you as. These habits will help you to see how far you've come and inspire you to create new habits to replace those things you need to quit.

Write a list of the good habits you have, and then describe what good this is doing for you.

Example:

- I get up early so I have time to read my Bible before having to interact with others. This helps me to be more patient and calm throughout my day.
- I listen to worship music on my commute. This helps me to take time to worship God and reduces my stress on the road.

Then write down any new habits you want to start to replace the old behaviors you're quitting. Describe how it will help you.

Example:

- I will put my new eGroup meeting time in my calendar with a reminder. This way, I won't accidentally skip it or forget about it.
- I will create a "no cell phone" policy at the table, and have dinner with my family three times a week. This will help me connect with my kids and become a better parent.

Put this somewhere that you can look back on regularly as a reminder to keep pursuing what God has called you to.

Prayer

Close out your group with prayer using one of these options

- Have each person in your group open their Bibles to Ephesians 4:14-24. Read it out loud together. Have a few volunteers choose a verse from the passage and use it to pray over the group. For example, “help each of us to speak the truth in love this week” and “help us to be more like you this week.” etc.
- Thank you, Jesus, for making a way for us to be free from our sin and to be in relationship with you. Help us to trust the Holy Spirit this week so we can resist when we are tempted to go back to our old ways of sin. Remind us in those moments that we have permission to quit our old habits that don’t bring you glory. Help us to become more like Christ every day as we continue to grow into the new us that we are becoming.

Additional Resources

Want to help your group go deeper after you meet? Send them one of these resources that relates to the sermon topic.

- Take some time to worship and thank God for His mercy that helps us to overcome our old selves by listening to “Mercy” by Elevation Worship & Maverick City Music.
- To inspire you to commit to God’s work in your life, listen to “Before and After” by Elevation Worship feat. Amanda Lindsey Cook.
- For some encouragement from Pastor Steven, check out “Wouldn’t It Feel Good to be Free?,” an clip from the sermon “It’s Not Over.”