



Week 1: “Something You Can Depend On”

We all want freedom—freedom to make our own decisions, to decide how we spend our time, who we spend it with, how we spend our money, and who we spend it on. No matter how old we are, we look forward to that day when we gain independence.

Discussion Questions

1. Give an example of a freedom you looked forward to when you were growing up (driving, a paycheck, etc.).
2. Have you experienced the frustration of something or someone over-promising and under-delivering? What were the circumstances and how did you feel when you realized your expectations were not being met?
3. We often feel that the next stage of life will bring us more freedom, but when we reach the next stage, we realize that the freedom we hoped for usually comes with the burden of more responsibility.
4. What do you wish someone had told you about the responsibilities that come with your stage of life? What responsibilities would you tell someone entering into your stage of life to prepare for?
5. **Read Romans 7:19–25.**
 - Paul verbalizes the tension and frustration we feel when our behavior doesn’t match our expectations and we are disappointed with ourselves. Have you experienced that frustration? What if anything have you done to resolve the tension?
6. **Read Matthew 6:33–34.**
 - Do you struggle with worry? Why? How much comfort do you find in Jesus words “do not worry”?

Moving Forward

In each stage of life, we can drift back to self-reliance. We come up against our own inability to manage the freedom we’ve been given and we forget to daily seek God’s righteousness. But by asking ourselves a simple question, we can reset our focus and invite God to speak into our tension: “God, what do you think?”