



## MESSAGE SERIES GUIDE

### Timberlake Church

**Pastor Rick Ben Sigman**  
**Rethinking Religion**  
**October 14/15, 2017**

### FOR LEADER:

In preparation for group discussion, take a few minutes to read through the scriptures and discussion questions

### MESSAGE RECAP:

Pastor Ben told us that the church in Galatia had missed how Jesus gives us freedom from ourselves and the burden of our sin. Pastor Ben spoke about ways to avoid self-sabotaging behaviors, and ways to turn to God and let him live in us.

The most recent message is available online at [Timberlakechurch.com/messages](http://Timberlakechurch.com/messages) for further study

### SCRIPTURE TO READ:

Galatians 5:1, Galatians 5:19-21 (NIV)

### ADDITIONAL:

Galatians 5:7-8, Galatians 5:13, Psalm 32:3-5, Galatians 3:6, Galatians 5:7, Galatians 2:21, Galatians 5:14, Galatians 5:16, Galatians 5:20 (NIV)

### DISCUSSION QUESTIONS:

1. Take time to review the two previous messages on Rethinking Religion. What has been the biggest take away and what has been the biggest theme of the series so far?
2. Pastor Ben's message this past weekend was titled, "Avoiding Self-Sabotage." Identify some of your self-sabotaging behaviors?
3. How did you develop these behaviors?
4. If those behaviors came from external influences, what would be a good way for you to avoid those influences?
5. If those behaviors are internal impulses, how could you begin to combat them?
6. Would you say your self-sabotaging behaviors are more due to a lack of awareness (being deceived), or more due to a lack of clear truth (being given alternative facts)?
7. Read Galatians 5:14 (NIV). What does this verse have to do with the discussion?
8. In our culture we often believe if we try harder, we will get better. Read Galatians 5:16 (NIV), and discuss how this verse differs from that way of thinking?
9. Consider your behaviors, and how you struggle with them. What gives you hope that tomorrow could be better?