

## **CrossFit: Prevenient Grace**

### **Session 2 Discussion guide**

Open your Life Group with prayer. Spend whatever time is needed for any of the members to share needs or concerns. Go through the discipleship questions your group has decided to use. If you have time then: have someone read John 1:1-18; Romans 5:1-11

1. Review: What does prevenient grace mean? What is God's will for humanity?
2. Why do we need prevenient grace? And what is its connection to original sin? Why do you think it is important that God's grace comes first?
3. God's gift of prevenient grace *enables* not *ensures* our faith in Him. Look back and see where God has put people, things, places in your life to help draw you nearer to Him. Share an example or two around the group. What do you notice among the answers?
4. Why do concepts like prevenient grace and original sin matter to your group? How can these concepts help you discern what it means to live as a Christian in this day and age? Are there things that can distract us from recognizing our worth in God? What distracts you? What does the world say you need to prove? Encourage each other to share and help each other become accountable for one another.
5. You are encouraged to pray that God will use you to embody God's grace for others, in your group and outside your group.

#### For reflection throughout the week:

- Become more aware of each thing you do this week. From your rising up in the morning to your laying down. If you have other family members, be observant of the whole family throughout this week
  - How often do the things you do help you honor the fact that you are created in God's image?
  - How often do things pull you away from resting in fact that you are God's child and that alone is enough?
  - Notice these things. As you notice, lift up a brief prayer to God.

Discuss if your Life Group would be willing to take a month as "Helping Hands," which does meals from those in need in our church family. If so, contact Lynda Newsome [lnewsome1994@twc.com](mailto:lnewsome1994@twc.com)