

CrossFit:

Session 1 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 Genesis 3:1-8; Romans 5:12-16

1. Give an example of how you have seen someone blame someone else for their problems. (Don't use real names)
2. Explain what "Original Sin" is.
3. Do you believe in "original sin" or "inherited sin?" Why or why not?
4. Give an example to illustrate how children have exhibited disobedience or selfishness. Was this a "learned behavior" or did it seem to come naturally to them?
5. The Apostle Paul said, "For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do." Give an example of what this means.
6. Explain what "For since death came through a man, the resurrection of the dead comes also through a man. For as in Adam all die, so in Christ all will be made alive." means.

** 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 lnesome1994@twc.com. **