

## **CrossFit**

### **Session 3 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 Romans 5:1-2, 18-21

1. Before hearing the sermon, in what way(s) have you used the word, "Justification."
2. Give an example of how you or someone you know has tried to justify their own actions.
3. How do some people try to "justify" themselves spiritually?
4. How does our scripture say we are justified before God? Explain your answer.
5. Explain how being justified by faith deepen your understanding of God's unconditional love and acceptance of us.
6. Explain what the word "atonement" means. How is the "atonement" accomplished with God?
7. What do you think John Wesley meant by comparing how we come to experience God's grace to a house?

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