

1. The Holy Spirit and healthy choices

- a) How does the Holy Spirit help us to make healthy choices even in difficult situations? John 16:7-14, 14:25-26
- b) Where else in the Scriptures can we find promises of divine guidance to make healthy choices? Psalm 32:8, Jeremiah 33:3
- c) What conviction has the Holy Spirit brought to you about the need for healthy choices in your life?
- d) Why are healthy choices particularly important in times of suffering?

2. The blessing of God’s enabling presence

- a) What hope is there for us when we feel too weak or compromised to make healthy choices? Philippians 2:13, Galatians 2:20
- b) While our only hope in life is God’s enabling presence, why is the decision of our will also vitally important? Colossians 1:28-29, Luke 13:24, Joshua 24:15
- c) Why would anyone choose to willfully resist God’s enabling presence that would help them to make healthy choices? Luke 13:34, Proverbs 14:12

3. The danger of making decisions based on feelings

- a) Share a Bible story of someone who made an unhealthy decision

- based on feelings rather than divine guidance. Eve, Adam, Job’s wife, Samson, King David, Peter, etc.
- b) Why might we be tempted to make decisions based on feelings in times of suffering?
- c) What prayer of Jesus models how to make a healthy choice guided by the Holy Spirit even when our feelings might press us to make a different choice? Matthew 26:36-39,42-44
- d) Share a time when you made an unhealthy choice based on feelings. How did God rescue you from that unhealthy situation?

4. Making healthy choices no matter what the cost

- a) What counsel does Jesus give in His Sermon on the Mount about making healthy choices even if they involve significant sacrifice? Matthew 5:27-30
- b) Jesus isn’t asking us to cut off hands and pluck out eyes. What is His appeal to those struggling with inappropriate thoughts and actions?
- c) Addiction to inappropriate content on the Internet is reaching epidemic proportions. What counsel would you give to a friend who is struggling with an online addiction?
- d) Share a time when God empowered you to make a healthy choice even though it involved sacrifice.

