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.