

What If ??????????

There's someone in your group that keeps sharing the same prayer request each week. They always ask for help with controlling their anger with their kids and with controlling their eating habits. They confess that several times a week they blow it in both areas. They've been memorizing verses about anger and verses about self control, but don't seem to be making any progress. Then one week they pull you aside and really open up and say, "Honestly, I don't understand why I do what I do. I don't want to keep doing these things, but my efforts to stop don't seem to make any difference at all." Then they say, "*Why do I do what I do?*"

You have 5 minutes to decide how you should proceed and you *must* have at least one verse to motivate / guide your decision.

- What does the Bible say about why we do what we do? Where is motivation rooted? What are some of the best places in Scripture to give insight into our motives?
- What should be the biblical, godly motive for why we do what we do? (support with Scripture)
- What are some of the most common sinful 'idols of the heart' or motives for why we do what we do?
- How would you direct her to begin to overcome these struggles and to walk in freedom?
- How would you give her hope? What Scriptures would you use?