



Discussion Guide
Over/It – Part 2
PARTICIPANT GUIDE

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We spend so much of our lives trying to prove we're okay—to ourselves, to others, even to God. But the resurrection is God's final word: you are fully forgiven, fully accepted, and free to live differently. This series explores how that truth becomes real, present power in our everyday lives.

NEED A RESOURCE, HAVE A QUESTION, OR WANT TO HAVE A CONVERSATION?
Let us know how we can help! Contact your groups director or discipleship@rockbridge.cc

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"I have been accustomed to call this book, I think not inappropriately, *An Anatomy of the Soul*; for there is not an emotion of which anyone can be conscious that is not here represented as in a mirror."
[John Calvin, on the book of Psalms]

ENGAGE & CONNECT ||

What is a "pet peeve" for you, something that gets on your very last nerve?

BEGIN WITH PRAYER ||

Spirit of God, be present with us as we take some time to be present in how we are feeling. We want to be ruled by Your peace in times when the world offers no peace. Help us along that journey. Amen.

MEMORIZING SCRIPTURE ||

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."
[Ephesians 4:31-32]

PASSAGE & DISCUSSION ||

1. What are the earthly things in these verses that need to be "put to death"? What do you need to "put away"? Why are some of them getting a death sentence and some are just gotten rid of?
2. We all have default emotional responses when things don't go our way. What's yours?
3. There's another list in these verses, the things that are the goal. What should we put on instead of our old ways?
4. What items from these lists are legit parts of your life? Is there a list your life looks like more?
5. Pause with your group here and pray. "Lord, it's hard to even want this. We want to wear compassion and kindness and all that, but we also want these other things that are

incompatible with Your new path. We cannot do this. We need You to do it in us. Help us.”

6. What is motivating the old things in you?
7. What are you afraid will happen if you let those old things go?
8. What has the Holy Spirit worked in you already? How can you see that you’ve become more like Christ since first following Him?
9. How well has He cared for your needs while He’s worked these things in you so far?
10. How can we make the word of Christ “dwell” in us like we’re it’s home this week?

STEP OF OBEDIENCE ||

The reality of the resurrection makes some things **unthinkable and incompatible**.

As you consider your next step, reflect on: 1) What thing needs to go? 2) What thing needs to replace it?

PRAYER FOCUS ||

- Close your time by reading this prayer together:
 - *“Lord Jesus, work in us to free us from sexual immorality, impurity, passion, evil desire, and covetousness. Help us be rid of anger, wrath, malice, slander, obscenity, and lies that separate people into categories. Let us be Your chosen, holy, and beloved ones. Fill us with compassion, kindness, humility, meekness, and patience so we can bear each other’s burdens and forgive each other freely, as You forgave us. Fill us with Your love, and may we put it on as a belt that ties the whole thing together in perfect harmony. Let Your peace rule our hearts, so we will be thankful, sing for joy, and wear Your name the way it was meant to be worn. Amen.”*