



Study Guide - Week 4

Ice Breaker

If you could only eat one meal for the rest of your life, but it has to be a weird combination of two foods, what would it be and why?

Sermon Recap

What if the greatest transformation in your life isn't something you're waiting for—but a choice you're called to make? In this compelling message, we challenge you to break free from the "victim mentality" and step into the victory Jesus has already won for you. Through powerful insights, discover how embracing your identity in Christ and committing to a life of discipleship can turn you from a passive believer into an active follower. Whether you're feeling stuck or ready to experience true freedom, this message reveals how choosing to follow Jesus transforms you from a victim into a victor. Don't miss this vital invitation to go all in and live the abundant life God has for you!

Discussion Questions

▼ Josh talks about the difference between 'victim mentality' and 'victor mentality.'

- What are the key differences between these two mindsets, and why is the victim mentality is so 'sneaky'?
- In what areas of your life might you be unconsciously embracing a victim mentality, and what would it look like to shift to a victor mindset in those situations?

Read Scripture

Romans 8:31-39 NIV

³¹ What, then, shall we say in response to these things? If God is for us, who can be against us? ³² He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? ³³ Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴ Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. ³⁵ Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ³⁶ As it is written:

“For your sake we face death all day long;
we are considered as sheep to be slaughtered.”

³⁷ No, in all these things we are more than conquerors through him who loved us. ³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Discussion Questions

▼ In Romans 8:31-39, Paul declares that we are 'more than conquerors' through Christ.

- How does this passage challenge the victim mentality that many Christians struggle with today?
- What current challenges in your life feel like they're separating you from God's love, and how might viewing yourself as 'more than a conqueror' change your approach to these challenges?

▼ Josh emphasizes the difference between 'trying' and 'training' in the Christian life.

- What does it mean that 'victim thinking lives in trying' while 'victor thinking lives in training'?
- What spiritual discipline or area of growth have you been 'trying' at rather than 'training' in, and what would it look like to shift to a training mindset?

▼ Discipleship always starts with freedom, not rules.

- How does this understanding of freedom in Christ challenge common misconceptions about what it means to follow Jesus?
- What rules or religious obligations might be preventing you from experiencing the freedom Christ offers, and how might embracing your identity in Christ change that?

▼ Why does Josh emphasize that 'what I pick up determines what I put down,' particularly in relation to carrying our cross daily?

- What specific things might God be asking you to 'put down' so that you can more fully pick up your cross and follow Him?

Final Thought 🤔

When thinking about carrying our cross daily, Josh paints the idea of '**what I pick up determines what I put down.**' What is something specific that God is asking you to 'put down' so that you can more fully pick up the cross?

Name one excuse, label, or wound you're carrying today and ask yourself, '**Do I really want to be holding this a year from now?**'

Prayer 🙏

- Ask for prayer requests from the group.
- Pray for strength and guidance in overcoming the victim mentality.
- Pray for courage to take ownership of our actions and reactions.
- Pray for eyes to see opportunities for growth and transformation through Jesus.
- Pray for trust in God's plan and His presence through life's challenges.

Rewatch the Sermon 📺

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