



Study Guide - Week 1

Ice Breaker

Goofy Question: If you were a kitchen appliance, which one would you be and why?

Simple Question: When you think about *discipleship*, what comes to your mind?

Bible Trivia: Go around and take turns attempting to recite from memory the Great Commission.

Sermon Recap

Have you ever felt trapped by patterns you can't seem to break free from? This powerful message reveals how true freedom isn't found in trying harder or hiding our struggles, but in bringing them into the light. Through the story of the woman caught in adultery, he shows how Jesus offers both grace and truth—meeting us exactly where we are while loving us too much to leave us there.

Whether you're wrestling with shame, addiction, or just feeling stuck, this message unpacks how moving from merely believing in Jesus to actually following Him can transform everything. Don't miss this vital teaching about breaking free from whatever holds you back and stepping into the full life Jesus promises.

Read Scripture

1 Corinthians 3:1-3 NIV

¹ Brothers and sisters, I could not address you as people who live by the Spirit but as people who are still worldly—mere infants in Christ. ² I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. ³ You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere humans?

1 Peter 2:1-3 NIV

¹ Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. ² Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, ³ now that you have tasted that the Lord is good.

Hebrews 5:11-14 NIV

¹¹ We have much to say about this, but it is hard to make it clear to you because you no longer try to understand. ¹² In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! ¹³ Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. ¹⁴ But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

Discussion Questions

▼ As referenced in the texts above, many Christians are 'still on milk' instead of solid food.

- What's the difference between being a believer and being a follower of Jesus according to the sermon?
- In what areas of your spiritual life do you feel you might still be 'on milk,' and what steps could you take to move toward 'solid food'?

▼ What does it mean that 'partial freedom is still slavery,' and why is it important to let go of that 'last 10%'?

- What might represent that 'last 10%' in your life that you're still holding onto?



▼ Discipleship is a F.I.G.H.T. rather than just a class to attend.

- Why is this distinction important, and what makes discipleship an active rather than passive process?
- How might your approach to following Jesus need to change if you viewed discipleship as an active fight rather than a passive learning experience?

Read Scripture

John 8:2-11 NIV

² At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them. ³ The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group ⁴ and said to Jesus, “Teacher, this woman was caught in the act of adultery. ⁵ In the Law Moses commanded us to stone such women. Now what do you say?” ⁶ They were using this question as a trap, in order to have a basis for accusing him.

But Jesus bent down and started to write on the ground with his finger. ⁷ When they kept on questioning him, he straightened up and said to them, “Let any one of you who is without sin be the first to throw a stone at her.” ⁸ Again he stooped down and wrote on the ground.

⁹ At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. ¹⁰ Jesus straightened up and asked her, “Woman, where are they? Has no one condemned you?”

¹¹ “No one, sir,” she said.

"Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."

Discussion Questions

- ▼ How does this story demonstrate the balance between grace and truth in Jesus' approach to sin?
 - How can we apply this balance of grace and truth in our own lives, both with ourselves and others?
- ▼ How does what you've learned this week challenge your common excuses for not fully following Jesus, and what does 'extreme ownership' of your faith look like?
 - What excuses have you used to justify not taking full ownership of your faith journey?

Final Thought

The big question this week is: **What do you need to be freed from?** Taking it further, the question is, what do you want? Do you want to keep carrying your chains or do you want to step into freedom?

This week, **name your chain**. Don't let it hide in the dark, but bring it into the light, where it can't control you. **Carve out time with Jesus**, even if it's just 10 minutes. Spend time alone with Him. Take the next step in your discipleship journey.

Prayer

- Ask for any prayer requests from the group.
- Thank God for the freedom offered through Jesus and pray for courage to step fully into it.
- Request God's guidance in identifying any areas where our faith may still be enslaved by fear, shame, or control.
- Pray for strength to move from simply believing to truly following Jesus in every aspect of life.

Rewatch the Sermon

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