



08.30.2026
PUT IT TO DEATH
Discussion Guide

SERMON SUMMARY

Because we have been raised to new life with Christ, the patterns of our old life no longer have to rule us. Pastor Shawn McGill highlights the call in Colossians 3 to put sin to death and shares three practical ways to confront it: expose it, starve it, and ask the Holy Spirit for help.

SCRIPTURES USED IN THE MESSAGE

- Colossians 1:1-3
- Colossians 3:1-3 (NLT)
- Galatians 2:20
- Romans 6:11-12
- Colossians 3:5-9
- 1 John 1:8-9
- Romans 8:13
- 1 Corinthians 10:13

TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- Think about a habit, hobby, or influence in your life that has genuinely shaped the way you think or act over time. What was it, and how did it shape you? (It does not have to be negative, just something that formed you in a noticeable way.)
- What voices, platforms, or influences do you think are most aggressively trying to shape people today?
- Think about what you watch or pay attention to regularly. Who or what is discipling you?
- Read Colossians 3:1-3 together. What does it mean to "set your heart" and "set your mind" on things above? What does that look like on a regular weekday?
- Pastor Shawn used the termite illustration to make the point that we are not called to manage sin but to put it to death. Why do you think so many believers settle for managing sin rather than dealing with it decisively? What makes that harder than it sounds?
- If Jesus has changed your life, what are some of the things that should have changed?
- Paul lists specific behaviors in Colossians 3:5-9: sexual immorality, impurity, lust, greed, anger, rage, malice, slander, and lying. Which of these do you think people tend to take most seriously? Which ones do you think get minimized or explained away? Why do you think that is?
- What does it mean that you've died to this life? What do you need to put to death?

- Pastor Shawn gave three steps for putting sin to death: expose it, starve it, and ask for help. Which of those three is most difficult for you personally, and why?
- He also said, "Some of you are praying for God to deliver you from things that you are continuing to feed every day." Without getting into specifics you are not comfortable sharing, what area of your life do you now recognize you are feeding something you have been asking God to remove?
- Read Romans 8:13. How does leaning on the Holy Spirit look different in practice from simply trying harder through willpower or behavior modification?

APPLICATION IDEAS

Choose one or more of the following to put into practice before your group meets again.

- Take time this week in prayer to bring before God any area of your life you have been hiding or minimizing. If appropriate, consider sharing that area with a trusted friend or accountability partner in your group.
- Identify one specific thing you are feeding that is working against your walk with God. Take one concrete step this week to remove or limit access to it.
- Memorize or write out Romans 8:13 and place it somewhere visible. When temptation surfaces this week, pause and say out loud, "Holy Spirit, show me a way out." Practice turning to the Spirit in the moment rather than trying to fight alone.
- Do an honest audit of your information diet this week. Note how much time you spend in Scripture, in prayer, and in community with other believers versus how much time is spent consuming content from the world. What does the balance tell you about who or what is discipling you?

PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Pray for courage to expose what has been hidden.
- Pray for wisdom to starve what has been fed.
- Pray for dependence on the Holy Spirit rather than personal willpower.

LEADER TIPS

- What area do you need to improve to be a better leader? Discuss it with your group coach, develop a plan, and get started.