Day 3 Not by Law

**Main Points**

1. We were born again by grace through faith (Eph. 2:8-9). We live by grace through faith. We overcome overwhelming situations in life by grace through faith. If we try to overcome the impossible by formula and willpower, we can often end up frustrated and defeated.
2. “Law” can take on many forms. Here the ones discussed in this chapter.
* *Blame and Shame*
* *Formula Living*
* *Behavior Modification*
* *New Year’s Resolutions*
* *Self-Improvement*
* *Advice*
* *Try Harder, Do More*
* *Help Me Obey*

**Discuss**

1. What does it mean to you personally to live “by grace through faith” and not by law?
2. The methods listed above can help us solve many problems, but none of them actually bring about a change of heart, only behavior. In what ways do the above acts as laws? What are their alternatives?
3. Share a quote from this chapter that stands out to you.

Day 4 Sin Consciousness

**Discuss**

1. Living by grace through faith can involve God showing us certain things we are doing that we think we *should* do in order to improve, but are actually serving to keep us bound. In this chapter, the author shares that in response to her request for God to show her how to overcome by grace through faith, He pointed out to her that there was something in her life that was producing sin consciousness. In what ways might sin consciousness frustrate a person in his/her efforts to gain victory over an impossible circumstance?
2. In what ways does living free from sin consciousness (knowing that we are forgiven and that God is not holding our sins against us) guide us toward success? (Or, in what ways does being sin conscious keep us bound and defeated?)
3. Some think that being free from the consciousness of sin will cause us to sin more often. Explain why it is so important to understand that this is not true.
4. Share a favorite quote or Bible verse from this chapter.