

LARGE GROUP DISCUSSION QUESTIONS

1.14.26 & 1.21.26 “Why Can’t I Stop?”

Lesson Summary:

Tonight, guest speaker John TenPas continues with our mini-series “Ever Wonder Why” by sharing his personal story and addressing the big question, “Why Can’t I Stop?”. This lesson teaches why it’s so hard to stop doing wrong things, even when we really want to. We learn that we get stuck when we try to change on our own, hide our sin, or stop caring about it. God shows us a better way—trust Him, bring sin into the light, and ask Jesus for help to fight it.

Key Points:

3 Reasons Why You Can’t Stop

1. You’re STUCK in a CYCLE of trying harder
God’s Answer: Replace CONTROL with SURRENDER
2. You’re HIDING your SIN
God’s Answer: Replace DARKNESS with LIGHT
3. You’re COMFORTABLE with your SIN
God’s Answer: Replace APATHY with ATTACK

Discussion Questions:

1. Did any of you tonight, FOR THE VERY 1ST TIME, put your trust in Jesus (and what He did on the cross) to save you from your sins and lead your life? *Leaders, do NOT skip this question! If you have a student who took this step, celebrate this in a BIG way; it's why we exist as a ministry! As always, be sure and log this as a “God win” on the App and/or share this news with Charles/Cam/Mary or TJ...thank you!*

2. Can you relate to the cycle of guilt → trying harder → failure? What does that cycle look like in your own life? *Romans 7:15 – “For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.”*
3. Why do you think we often rely on our own strength instead of trusting God when trying to change? *Proverbs 3:5–6 – Trusting the Lord instead of leaning on our own understanding.*
4. What is one area of your life where God might be asking you to replace control with surrender? What would surrender actually look like this week?
5. Why is hiding sin so tempting? How does secrecy actually give sin more power? *Ephesians 5:11–13 – Darkness vs. light and exposing hidden deeds.*
6. What fears keep people from confessing sin to God or to trusted believers? Have you ever experienced freedom after being honest? *1 John 1:9; James 5:16 – Confession brings forgiveness and healing.*
7. How can someone tell if they are starting to not care about sin anymore? What warning signs should we watch for in ourselves? *Colossians 3:5 – Putting sin to death, not managing it.*
8. What are some practical, even “radical,” steps a teenager might need to take to actively fight sin instead of ignoring it? *Romans 6:23; Matthew 5:29–30 – Taking sin seriously and responding decisively.*

