Here's a small group guide based on the sermon transcription:

Small Group Guide: Overcoming Inner Sin

Opening Prayer

Key Takeaways:

1. Even after salvation, Christians still struggle with sin due to the ongoing battle between our new spiritual nature and our old sinful nature.

2. The law (Ten Commandments) reveals our sin but cannot save us or give us the power to overcome sin.

3. Victory over sin comes through relying on the Holy Spirit's power, not our own efforts.

Discussion Questions:

1. The pastor mentioned that we "sin because we are sinners" rather than becoming sinners by sinning. How does this perspective change your understanding of human nature and our need for salvation?

2. Reflect on Romans 7:15-20. How have you experienced the internal struggle Paul describes between wanting to do good but often doing what you don't want to do?

3. The sermon highlighted that trying to overcome sin through willpower, positive thinking, or good works alone is ineffective. Why do you think we often default to these methods instead of relying on the Holy Spirit?

4. How does the analogy of the jumbo jet overcoming gravity relate to our spiritual lives and overcoming sin?

5. The pastor emphasized the importance of "feeding" our spiritual nature rather than our fleshly nature. What practical ways can we nourish our spiritual selves daily?

6. Discuss the concept of sanctification as explained in the sermon. How have you seen evidence of this process in your own life or the lives of others?

Practical Applications:

1. Scripture Memory: Choose a verse from Romans 7 or 8 to memorize this week as a reminder of God's power to overcome sin.

2. Spiritual Inventory: Take time to reflect on areas where you're struggling with sin. Commit to praying specifically about these areas, asking for the Holy Spirit's help.

3. Mind Renewal Challenge: Each day this week, intentionally focus your mind on "things of the Spirit" (e.g., Scripture, prayer, worship) for at least 15 minutes, especially when tempted.

4. Accountability: Partner with someone in the group to check in regularly about your struggles and victories in overcoming sin.

5. Gratitude Journal: Write down ways you've seen God's grace and the Holy Spirit's power in your life, even amidst struggles.

Closing Prayer:

Thank God for His grace and the power of the Holy Spirit. Ask for help in relying on His strength rather than our own efforts to overcome sin.