

I Declare: Consistency

Week 1

Discussion Guide



Icebreaker

What is one habit or routine you've tried to start in the past that didn't last very long?
What made it hard to keep going?

Read

Take turns reading Romans 7:14-25

Discuss

"It's easy to laugh at a failed diet or a failed gym membership but it's a lot more painful when that inconsistency shows up in our faith. We want to be patient, but we lose our temper. We want to pray, but we scroll on our phones. This isn't a new problem. The Apostle Paul wrestled with this same thing. This passage highlights the internal struggle we all face between our desire to do good and our actual actions. It sets the stage for why we need a declaration of consistency rather than just a resolution.

- **Where do you see this tension of wanting to do good but struggling to follow through show up in your own spiritual life?**
- **How does viewing your spiritual growth as a firm declaration change your mindset compared to just making a wishful resolution?**

As Paul keeps talking, he describes this almost like a battle inside himself. He's aware of what's right, but he keeps getting pulled off course. Many people feel pressure to hide this kind of struggle.

- **What kinds of emotions tend to come up when we notice our own inconsistency?**
- **Why do you think inconsistency often leads people to quit altogether rather than restart?**
- **How does this passage challenge the idea that following Jesus means you have to have it all together?**

Paul wraps up this chapter by getting really raw in verses 24-25. He doesn't say, "I'll try harder." He asks a question that sounds desperate, but also hopeful. Paul asks, "Who will free me from this life that is dominated by sin and death?" He stops looking at his own strength and starts looking for a rescuer. Paul ends by thanking God, that through Jesus, he is free. We are free, no longer a slave to sin. Consistency isn't about never failing

- **Paul asks "Who" will free him, not "What." How does knowing that Jesus frees us from being a slave to sin and our fleshly desires help us in our journey to being consistent?**
- **How can planning for failure instead of having an all-or-nothing mindset be helpful in consistency?**
- **How does grace help us stay consistent instead of giving up?**

Application

Consistency can be discouraging, but Zechariah 4:10 says "Do not despise these small beginnings, for the Lord rejoices to see the work begin..." The key phrase here is "small" beginnings. Start small with what you want to be consistent in.

- **What usually stops you from valuing small beginnings? Comparison, shame, perfectionism, fear of failure, past inconsistency, etc.?**
- **What would it look like to trust God more with your process than your performance?**
- **What is one small, realistic step toward consistency that you could take this week?**

Prayer

Spend time in prayer asking God for self-control, patience, and faithfulness in our areas where we need to grow in consistency.