

if God...

## How To Stop Eating Your Vomit

### Discussion Questions

1. Have you ever seen a dog eat its own vomit? Please describe the situation to your group.  
OR, Share one of your favorite dog experiences with the group.
2. When Proverbs 26:11 compares a dog eating its own vomit to a fool repeating their foolishness, what kind of things come to mind that people do?
3. Dig a little deeper. Why do you think we humans so easily return to our folly?
4. Read Romans 8:31-39. What specific things jump out to you in this passage? What questions do you have?
5. In Romans 8:31, before Paul says "If God is for us, who can be against us?" he first says "What, then, shall we say in response to these things?" Looking at Romans 8, what are the specific "these things" that he's saying to help us trust that 'God is truly for us'?
6. What are the places in your life where you sometimes doubt God's good intentions towards you? Why do you think those are the places? Is there anything in this passage that helps you with your doubt?
7. In the message, Pastor David gave three things that can happen "If we truly believe God is for us..." They were 1. You would live in the incredible freedom of God's forever forgiveness. 2. You would stand stronger in the strength of the Holy Spirit. 3. You would start to see the world in God-sized possibilities. Which one of those three speaks to your heart and life the most right now?
8. Redeemer is challenging everyone to take 3 next steps forward in their faith for 2023, asking the question "If God is for me, what's possible in my life?" What are some steps you could take? How does knowing God is for you going to help you take those steps?

### Next Steps 2023

- For your next Growth Group, be ready to share one next step for your next meeting.
- When you complete your next step using the campus QR code below.

### Prayer

- Share praises and prayer requests with one another.
- Guided prayer: God, help our minds to understand and our hearts to believe that you are truly for us. Help us to see your goodness in all things. Help us to see all things through your goodness. Grow our faith and our ministry, for the glory of your name and the building of your kingdom. AMEN.



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## How To Not Eat Your Vomit

### Discussion

1. Have you ever seen a dog eat its own vomit? Please describe the situation to your group.
2. When Proverbs 26:11 compares a dog eating its own vomit to a fool repeating their foolishness, what kind of things come to mind that people do?
3. Dig a little deeper, why do you think we humans so easily return to our folly?

Read Romans 8:31-39.

4. What specific things jump out to you in this passage? What questions do you have?
5. What are the specific reasons Paul gives in these verses for us to trust that 'God is truly for us'?
6. What are the places in your life where you sometimes doubt God's good intentions towards you? Why do you think those are the places? Is there anything in this passage of scripture that can help you in your doubt?
7. Redeemer is challenging everyone to take 3 next steps forward in their faith for 2023. What are some steps you need to take? How does knowing God is for you going to help you take those steps?

#### Old Testament Connection:

The prophet Isaiah spoke of a great light that would overcome the darkness.

Isaiah 9:2

#### New Testament Connection:

The Gospel of Matthew quotes Isaiah 9:2 as a prophecy about Jesus.

Matthew 4:12-17

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**Prayer** Share praises and prayer requests with one another.

Heavenly Father, you've said that you work all things together for our good. You've said that you're for our good. You've said that .

