



- What part of Josh's opening story—about the Peloton or McGriddles—did you relate to most? Why?
- Can you think of a time when you had big hopes for change but slowly gave up on them? What happened?
- What's something small in your life that used to feel like a temporary struggle but now feels like part of your identity?
- Saul believed he was doing God's will while actually opposing Him. What might that teach us about blind spots in our own lives?
- What's the "box in the back of the closet" for you—the part of your life you've decided is beyond changing?
- In what ways do we protect our dysfunctions instead of surrendering them? What's one survival strategy you've justified as "just the way I am"?
- Josh said grace doesn't require perfection but honesty. What's one area where you need to stop pretending?
- Read 2 Corinthians 5:17. What does "new creation" practically look like in your life right now—or what do you hope it could look like?
- Who is one safe person you could talk to about the thing you feel most stuck in? What's held you back from that conversation?
- This week, what's one thing you'll do differently to create space for God's transformation—prayer, honesty, confession, action?