

**Muscle Memory**  
**“Path to Change” - Jim Burgen**  
**March 9-10, 2019**

**Group Creed**

We come together as a Group with the goal of Spiritual Formation; encouraging one another to become the same kind of person that Jesus is, so that we can live out every part of our lives inside of His Kingdom.

Bible References: Matthew 6:1-4

**Community:**

1. What were your thoughts about Jim and his hog hunt in Texas?
2. Who do you consider to be the most giving person in your life right now, and why?

**Core:**

1. Jim pointed out that Jesus healed a lot of people in the Bible (blind, sick, etc.), but He never “healed” anyone of character flaws (greed, addiction, etc.) which take training by learning, eliminating, and practicing. What flaw(s) do you wish Jesus would just “heal” that you really need to work on and train?
2. **Read Matthew 6:1.** Jesus points to the truth that, whenever we begin to train in order to live a “with-God’ kind of life, we run into “What will people think of me if I do this or what will they think if I don’t?” Do you, or have you, struggled with the same thing?
3. **Read Matthew 6:2.** What are some ways you’ve seen the same hypocrisy today that Jesus was speaking to back then?
4. **Read Matthew 6:3-4.** As Jim pointed out, Jesus’ main concern is not *what* we’re giving but *why* we’re giving—our motivation. How do you keep your motivations in check?

**Challenge:**

Pick one area of your life that doesn’t line up with the life God says is a better way and run it through the three circles:

- **Learn:** What part of God’s truth needs to come into this area of your life?
- **Eliminate:** What lie or untrue obstacle or response is keeping this from happening?
- **Practice:** What’s one action step you could do to begin training for new muscle memory?

Spend some time this week taking an honest assessment around your answers.