

# WEEK EIGHT

## HOLDING BACK

### Memory Verse

#### 1Peter1:5-7

But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love.

### Word of the Week

#### Self-Control

“Never miss a good chance to shut up.” Will Rogers

Read thoroughly the passage in Romans 7:14-25.

Rewrite this passage in your own words, using your own personal struggles as examples. Be daring and read it to a loved one and discuss your struggle between the flesh and the spirit. Pray that God would use this discussion for His glory.

Meditate this week on walking in the Spirit. Practice walking in the Spirit. Evoke the Holy Spirit on your behalf to give you the strength to carry out this mission that at times seems quite impossible!

How do we make particular sins in our lives ‘comfortable house guests?’

How do we crucify the deeds of the flesh?

How do we as Christian women, show our bodies who is boss?

How does the restraining power of the Holy Spirit change us from the inside out?

Charles Swindoll makes a great analogy about the sin that so easily entangles us. In our book he refers to the flesh as knowing sin like we know how to ride a bicycle. We never forget how to ride once we’ve learned to ride, That is why he believes the flesh can never quite conquer itself or choose not to sin when given the chance—the world gives our flesh daily opportunities to ride again. Mull this over in your mind and come up with another analogy about sin and the flesh and be ready to share this personal revelation with the group.

\* \* Remember: Next week we are off for Thanksgiving.

Homework:

Memorize Verse

Do the Lesson

Read over your notes and complete the practical portions