



# **LifeGroup Discussion Packet**

## **Defeating the Lies That Hold You Back**

Series: Winning the War Within

Romans 6:1-11

January 24 & 25, 2026

# LifeGroup Discussion Guide

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## Main Idea

Freedom begins when you stop believing the lies of your past and start living from your new identity in Christ.

## Key Verse

"Since we have died to sin, how can we continue to live in it?" Romans 6:2

**Warm-Up Question-** Pastor Todd asked, "Who is the most influential voice in your life?" What are some voices (internal or external) that most often shape the way you think about yourself?

## Discussion Questions

1. In Romans 6, Paul focuses on identity before behavior. Why do you think we often try to change behavior first instead of believing what God says is true about us?
2. Pastor Todd said, "The real war isn't external, it's internal." Where do you see that battle most clearly in your own thought life right now?
3. Read Romans 6:3-4. What stands out to you about Paul's description of being united with Christ in His death and resurrection?
4. The message emphasized this idea: "Dead things don't respond to old voices." What are some "old voices" or recurring thoughts that try to pull you back into old patterns?

5. Pastor Todd said, "Temptation is not domination." How does that statement change the way you view temptation or struggle?
6. The story of Sydney McLaughlin-Levrone highlighted the difference between performance-based identity and God-given identity. In what areas of life are you most tempted to measure your worth by performance, success, or approval?
7. Read Romans 6:11. Paul tells believers to "consider" themselves dead to sin and alive to God. What does it look like, practically, to "count as true" what God says, especially when your feelings don't line up?

## Going Deeper

Pastor Todd said, "You don't fight sin to earn a new identity, you fight sin because you already have one." How would your daily decisions change if you consistently lived from that truth?

Read the following three texts...

Colossians 3:1-10

Ask - What does it look like to actively "put off" old patterns and "put on" new ones in daily life?

2 Corinthians 10:3-5

Ask - What kinds of thoughts need to be "taken captive" in order to live in freedom?

Galatians 5:1, 16-25

Ask - How does walking by the Spirit help us live out the freedom Christ has already given?

**Next Step** - This week, identify one lie you've believed about yourself and replace it with one truth from Romans 6. Write it down. Pray it. Speak it. Ask God to help you stop responding to voices that no longer own you and start living from who you already are in Christ.