

The Pull
Gravity: Breaking Free From the Weight of Sin
May 10, 2026

Questions for Personal Reflection and Group Discussion

1. Read Romans 8:1.

Who is Paul talking about in this verse? What does he say about them? When is it true? Is this statement true for you? How does this impact your relationship with God?

2. Read Isaiah 64:6.

What truth do you find in the first sentence of this verse? What reality does the second part of the verse describe? What does this verse tell you about the seriousness of sin and how God sees it?

3. Read Galatians 5:19-21 and Matthew 15:18-19.

These passages include lists of sinful behaviors. What is the problem with seeing sin as just bad things we do? Where do these verses tell us these sinful behaviors come from?

4. Read Proverbs 4:23.

What does the writer of this proverb say we need to guard? Why do we need to guard it and how do you think we do that?

5. Read Isaiah 53:6.

There's an old hymn that contains the lyrics, "prone to wander, Lord, I feel it, prone to leave the God I love." Those words express what Isaiah is talking about here. What pulls your heart away from God?

6. Read Ezekiel 36:26.

What solution for our wandering hearts does God promise us in this verse? How have you experienced God's work in your own life to give you a new tender, responsive heart to His will for you?

7. Read Romans 8:38-39, Romans 5:1 and Romans 7:15.

How sure and secure is God's love for you? Do you believe it? How have you been made right with God and what gift is yours as a result of the work accomplished by Jesus?

How do those truths help you when you find yourself identifying with Paul's words in Romans 7:15?

8. Read Proverbs 4:23 again, and Matthew 6:21.

What do you treasure most? How do you spend your time, money, energy? What are you treasuring more than your relationship with God? What is your heart saying 'yes' to that is pulling you away from Him?