



Better

Part 2: *The Banana King.*

Big Idea

Don't be mastered by anything. You already have a Master.

Key Scriptures

- **Romans 6:16-17**
 - **1 Corinthians 6:19-20**
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Discussion Questions

- If you could be “over” one annoying habit or quirk in your life with a snap of your fingers, what would you choose and why?
- When you think about this year, would you say you feel:
 - “New year, new me,”
 - “New year, same me,” or
 - “New year, not sure yet”? Share a bit about why you chose that one.
- Without going too deep yet, in general terms, what kinds of things do people our age tend to “hold onto” that end up holding them back? (Habits, relationships, beliefs, comfort, stuff, etc.)
- **Read Romans 6:16–17.**

- What words or phrases jump out at you from this passage, and why?
 - In your own words, how would you explain Paul's idea that whatever you keep saying "yes" to becomes your master?
 - **Read 1 Corinthians 6:19–20.**
 - In the first century, a temple was the place where heaven met earth, the most sacred site in the world. Now Paul says you are that temple.
 - How does it change the way you see yourself if you really believe you are that valuable and sacred to God?
 - How does it change the way you see the people around you?
 - If you are comfortable, finish this sentence privately in your mind first, and then share only what you feel okay sharing:
 - "If I am honest, one thing that might be 'the banana' for me right now is..." It might be a habit, a pattern, a relationship, a mindset, a hobby, a substance, a way of spending money, a phone pattern, etc.
 - Based on everything we have talked about: What is one small, concrete step you sense God might be inviting you to take this week to "let go of the banana" a little bit?
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