

It Is Well

FROM THE BOOK: CHAPTERS 9 AND 12

THE BIG IDEA

Real faith shows up in a changed life, and when our weight slips back onto ourselves, as it will, the foundation hasn't moved.

KEY WORD *metanoia* (Greek): repentance, meaning a turning that lifts your weight off old foundations and back onto God, not simply feeling sorry.

READ Romans 7:15–8:1; James 2:14–26

“Therefore, there is now no condemnation for those who are in Christ Jesus.” Romans 8:1 (NIV)

THINK IT OVER

1 Where do you notice your weight slipping back onto yourself, and how do you usually notice?

2 Why might good things, even very good things, get in the way of finding the foundation?

3 What's one thing you've been resting on that you could stop making load-bearing this week?

THIS WEEK Name one thing you've been standing on and stop making it load-bearing: put that weight back on God. When it slides back, tell God the truth (my weight slipped) and let him receive you back.

KEEP GOING

- **Keep asking the question.** Where is your weight? Not last Sunday, but today. Try opening your prayer time, or your next group meeting, with it.
- **Read the verses at the back of the book.** The “Scripture Restored” section puts the weight back into familiar verses. Read one a day, slowly.
- **Pass it on.** Know someone who thinks faith is blind? Lend them your copy; Chapter 8 was written with them in mind.
- **If something heavy came up for you,** talk to your group leader or pastor. If you're struggling, call Lifeline Australia on 13 11 14, any time.