



I Declare

Week 1: Consistency

CCV Groups Discussion Guide

OPENING QUESTION:

What household chore do you enjoy the most and the least? Why?

GROUPS VIDEO GUIDE

READ:

- [Romans 7:14-25](#)

DISCUSS:

- Share an area of your life where you have the greatest consistency as well as an area where you would like to grow in consistency: diet, exercise, serving, praying, Bible reading, making your bed, cleaning, gratitude, sleep.
- Share a person in your life who models consistency in one area or another. How does that impact you?
- After reading Romans 7:15–19, is it easy to relate to Paul’s description of the internal struggle between the flesh and the mind?
- What are some strategies that have helped you grow in consistency? Just for fun, have everyone throw out two ideas and then vote on the top three.
- Could we, as a group, take up the challenge from Pastor Ashley and be at service every week in January and February? Is there a service we could all go to, or at least groups of us could go to for accountability?

PRAYER:

Ask the group for specific areas where we need to grow in consistency. Then ask God to give you self-control, patience, and faithfulness in each of those areas.

SCRIPTURES:

James 2:17, “So also faith by itself, if it does not have works, is dead.”

Romans 7:15, “For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.”

Romans 7:18–19, “For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing.”

1 Timothy 4:8, “for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”

Zechariah 4:10, “For whoever has despised the day of small things shall rejoice, and shall see the plumb line in the hand of Zerubbabel. ‘These seven are the eyes of the LORD, which range through the whole earth.’”

Galatians 6:9, “And let us not grow weary of doing good, for in due season we will reap, if we do not give up.”

Proverbs 3:5–6, “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

James 1:22, “Do not merely listen to the word, and so deceive yourselves. Do what it says.”

Proverbs 16:3, “Commit to the Lord whatever you do, and he will establish your plans.”

Ephesians 2:10, “For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

James 4:17, “So whoever knows the right thing to do and fails to do it, for him it is sin.”

2 Corinthians 5:10, “For we must all appear before the judgment seat of Christ, so that each of us may receive what is due us for the things done while in the body, whether good or bad.”