

# Resurrect Me

## Impulse

We all know impulse. We sometimes find ourselves reaching for too much or grabbing at something that is less than what's best for us. Impulse can lead us to give up on something we need or to give into something we don't and it often gets the best of us.

This week, we will spend some time examining where our impulse comes from, what it truly costs us and what it looks like to bring it to the cross.

Day 1 Read Proverbs 25:16-28

What does this proverb have to say about impulse? How is one who lacks self-control like a city whose walls are broken through? Spend some time identifying some ways in which impulse is getting the best of you.

Day 2 Read Luke 4:1-15

Put each of the devil's temptations into your own words. Which one would be the most enticing to you? Why? In worship this past weekend, we said that impulse can be both deceptive and destructive. How so? What can we learn from Jesus' example in Luke 4? What are the benefits of resisting temptation?

Day 3 Read 1 Corinthians 6:12-20

"Food for the stomach and the stomach for food" was a popular saying in the city of Corinth that was used to justify sexual immorality. The thought was that if we have the craving to have sex, then we shouldn't deny ourselves. How does Paul refute that way of thinking? What does it mean that our bodies are a Temple to God? How does this challenge you?

Day 4 Read 1 Corinthians 9

The opposite of impulse is self-control. How does Paul demonstrate self-control? What are some of the rights that he says that he has? Out of his commitment to the gospel, what does he do with some of these rights? How does that influence your understanding of self-control?

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Day 5 Read Genesis 25:19-34

Often, impulse blinds us to what it will cost us in the long run. How does that show up in the passage from today? Spend some time identifying what your “bowls of soup” may be costing you.

Day 6 Read Genesis 39:1-12

What can we learn from Joseph’s example of self-control? We know how Joseph’s story did end, but how would it have ended if he had slept with Potiphar’s wife? Is there something in your life that you have allowed to be a temptation for too long? What would it look like for you to run away from it? Who can you share this with?

Day 7 Read Ephesians 4:17-5:2

Crucifying our impulse will require both resistance and redirection. What does this passage have to say about that? Look back at Day 1 and some of the ways you recognized that you struggle with impulse. What would it look like for you to not only resist what is wrong but also pursue what is good and healthy in those areas?