



## Week 2: The Banana King

Most of us want this year to be better. But “better” requires a bit of honest and awkward evaluation. So what are you holding onto that’s holding you back? If you’re holding onto something that’s making a monkey out of you, maybe it’s time to let go of the banana and run away!

### Discussion Questions

1. What’s one thing/object that you kept around for way too long (*old college T-shirts, a broken tool, etc.*)? Why were you holding on to it? What did it take for you to finally get rid of it?
2. What would your family or closest friends say are your regular, never-going-to-give-it up habits or routines? Do any of those things cause you to get defensive when someone brings them up?
3. **Read Romans 6:16.**
  - What does it look like and feel like to be enslaved by something?
  - What is something many people are slaves to today?
  - Sin is anything that hurts you or those around you. Does this definition change your view of any habits or relationships you’re in currently? What or who have you offered yourself to as a slave?
4. **Read Romans 6:17.** What do you think Paul means by “obey from your heart”?
5. **Read 1 Corinthians 6:19–20.** How does this Scripture inform how we should see:
  - Ourselves and others
  - The habits or relationships that we’re holding onto that hurt others
6. Which of the following questions hits closest to home for you today?
  - What are you holding onto that’s holding you back?
  - What’s slowing you down because you won’t put it down?
  - What’s weighing you down because you refuse to let it go?
  - What are you holding onto that you feel compelled to keep hidden?
7. What step(s) do you need take in order to “drop the banana and run”?
8. Pray together as a group. Ask God to give each of you the wisdom to know what to do and the courage to do it.

### Moving Forward

If you really want this year to be better, take this challenge: Ask someone, “Am I holding onto something that’s holding me back? Am I holding onto something that’s holding *us* back?” In addition to letting go of what’s holding you back, take hold of the one that can bring you back—Jesus.