



## PART 2: The Banana King

### INTRODUCTION

Most of us want this year to be better. But “better” requires a bit of honest, 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 you kept around way too long (old college T-shirt, a broken tool, etc.)?
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 currently in? 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 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 to take in order to “drop the banana and run”?



### **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 Jesus—the one that can bring you back.