**Session #2: What’s Holding You Back**

**Session 2.1:**

1. **What are some things you desire that are good for you?**
2. **Describe a time when you had the wisdom and courage to follow your conscience and you were glad you did.**

**Session 2.2:**

1. **How is “Stinking Thinking” holding you back from becoming the person God created you to be?**
2. **Individualism, hedonism, minimalism, relativism: which of these are the biggest temptations for you at this time in your life?**

**Session 2.3:**

1. **Think about a disturbing story you have seen in the news recently. What happened? Which of the Ten Commandments were broken?**
2. **When we examine the Ten Commandments, the obvious ways of violating them are apparent, but what are some of the more subtle ways we can break them? For example, most people will never be in a situation in which they are tempted to break the Fifth Commandment (You shall not kill). But most of us have killed someone’s reputation with gossip. Go through the commandments one by one and discuss the not-so-obvious ways each can be broken.**

**Session 2.4:**

1. **What did the story about the rattlesnake make you think?**
2. **If you had more courage, what good thing would you do?**