

EST VERSION



OF YOURSELF

Skin Deep

“Best Version of Yourself” Sermon Series

Pastor Adrian Schoonmaker

February 1, 2026

1. Which part of Romans 7 feels most relatable to your own inner struggle right now?
2. What does it practically look like for you to “cry out to God” when temptation hits?
3. Where do you notice culture shaping your thinking more than Scripture around sexuality or purity?
4. What might it mean for you to “change the narrative” in your thoughts this week?
5. Is there an area where God may be asking you to get more ruthless than you’ve been willing to be?
6. What are some healthy, Spirit-led practices that could replace patterns you’re trying to starve?
7. How have you seen the tension between flesh and Spirit play out in your daily life?
8. What would refusing to conform look like for you in a very specific, concrete way?