



Rock Bottom Redemption

PROVERBS 19

"When a man's folly brings his way to ruin, his heart rages against the Lord." (Proverbs 19:3, ESV)

Review the Sermon

Read Proverbs 19:1-7.

Why does a person often need to hit rock bottom before effective changes can be made?

Read Proverbs 19:8-19.

What elements need to be present for true redemption to take place after hitting rock bottom?

Read Proverbs 19:20-29.

What benefits can be found in Christ when a person hits rock bottom (especially v21-23)?

Assess your Life

Can you describe an experience in your life when some form of destructive behavior or unchecked sin-pattern caught up with you? What events led to the crisis? What resulted from it?

What types of intentional discipleship and accountability have you been involved in? What motivated you to seek for healthy, Christ-centered community?



What possible destructive patterns remain unaddressed in your life?

Apply the Truth

How could a church become more inviting and supportive toward people in crisis as Galatians 6:1-2 teaches?

What can you do to more effectively balance truth with grace when supporting a struggling friend?

If you are trapped in self-destructive sin, what first step can you take toward recovery?

Commit this Week

Will you commit to owning your sin-issues and seeking personal transformation through the power of Christ, and with the support of your local church?

"The fear of the Lord leads to life, and whoever has it rests satisfied; he will not be visited by harm." (Proverbs 19:23, ESV)