



**Sunday February 15, 2026      I Peter 2:1-3**  
**“From The Inside Out”**

vs 1    “laying aside” Actions of: R \_\_\_\_\_ / A \_\_\_\_\_ / R \_\_\_\_\_  
**Romans 13:12-4, Ephesians 4:17-22, James 1:21**

Malice – \_\_\_\_\_

- Sin – M \_\_\_\_\_ the M \_\_\_\_\_
- Transgression – W \_\_\_\_\_ M \_\_\_\_\_ the M \_\_\_\_\_
- Iniquity – W \_\_\_\_\_, P \_\_\_\_\_ & R \_\_\_\_\_ M \_\_\_\_\_ the M \_\_\_\_\_  
**Matthew 6:34, Psalms 51:1-4**

Deceit - **Mark 14:1, Revelation 14:4-5**

Hypocrisy – \_\_\_\_\_ **Luke 20:19-20**  
 P \_\_\_\_\_ with by too M \_\_\_\_\_ C \_\_\_\_\_ - **James 1:14-16, Micah 2:1**

Envy – \_\_\_\_\_

Evil Speaking – **Romans 1:30**

How can I achieve Inside-Out-Growth? **Micah 6:6-8**

vs 2    #1 Desire R \_\_\_\_\_ and O \_\_\_\_\_

#2 Desire what is R \_\_\_\_\_

#3 Desire what is P \_\_\_\_\_

#4 Desire with a S \_\_\_\_\_ D \_\_\_\_\_ if G \_\_\_\_\_ to Him

vs 3 Find D \_\_\_\_\_ I \_\_\_\_\_ in my walk with Christ, not A \_\_\_\_\_

My Notes: \_\_\_\_\_



Week of Sunday February 15, 2026

**I Peter 2:1-13 - “From The Inside Out”**

The “One Thing”

From Today's Passage: What is the One-Thing you would teach on?  
 (have each in the group share their one-thing)

Ice Breaker: What type of food is the most difficult for you to “lay aside” when you are on a diet? What type of food do you substitute as a healthy alternative?

As a group: What is the hardest thing you have ever had to “lay aside” or give up to grow or move forward in your life with Christ?  
 What healthy alternatives are now in your life?

Of the 5-Naughtys listed by Peter, which one appears most readily in your life?  
 Which one is the hardest for you to put away?

Let's talk about the Spiritual Nourishment for the Christian.

Take the following elements and discuss what they mean to you:

Prayer, Praise, Daily Devotion, Giving, Serving, Witnessing, 'Other' (not listed)

Knowing that too much of any one thing is not healthy, discuss the balanced diet for the Christian using the above elements.

- Do you have a balanced diet? If not, why?
- Have you in the past been unbalanced in your diet (malnourished)?
- What currently is lacking in your diet (out of balance)?

Reread **Micah 6:6-8**    How would feasting daily on this verse bring about a balanced diet for you?

Close in Prayer for one another



## LIFE GROUPS

## Prayer Requests    James 5:16 'pray for one another'

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