



# *U-Turns*

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Chapter-by-chapter questions  
For individual or group use

*Discussion Guide*

## Chapter 1

1. In your own words, describe the relationship between God's sovereignty and humanity's free will?
2. Dr. Evans writes: "The freedom to choose is not the freedom to determine the outcomes of those choices. ... when we find ourselves searching for a U-turn or hoping for a reversal or calling on God to deliver us, we forget that it was our own choices that got us lost to begin with."

How have you seen this play out in your life? What did you learn about God as you experienced the consequences of your choices? What did you learn about yourself?

3. What rebellious choices are causing you to forfeit the abundant life Jesus said He came to give you?

## Chapter 2

1. How do you respond to the concept of repentance? When you think of negative circumstances that you're experiencing, how are they connected to your repentance?
2. How do you respond to the concept of sin? When you think of violating God's rule in your life, do you regard it as a "mistake" or "sin"? What is the difference between the two? Why is this an important distinction?
3. How are Judas' and Peter's experiences with sin and consequences similar? How are they different? Who experienced a U-turn and why?

## Chapter 3

1. What idols in your life compete with God and draw you away from God?
2. Discuss how you've gone down the wrong path of idolatry. When have you been able to do a U-turn and get off the path?
3. How do you relate to Manasseh's story? When has God humbled you to turn your heart to Him?

## Chapter 4

1. Why is addiction so prevalent in our society? Why is it important to address both the physical and spiritual natures of addiction in order to break the addictive behavior?
2. How does conforming to God's truth help you overcome addictive strongholds? What lies have you believed that have kept you enslaved to addiction?
3. What are some specific ways you can abide and align in Jesus and the truth of His Word?

## Chapter 5

1. How would you describe the difference between concern and anxiety?
2. Why does Jesus command us not to worry?
3. What triggers worry for you? What “masters” are you serving, and how does being divided between two masters produce worry in you?

## Chapter 6

1. What emotional strongholds are affecting you? How have you tried to deal with them?
2. What role does your thinking have in mastering your emotions and overcoming emotional strongholds? How does Satan work in your thought life and what effect does that have?
3. Discuss how codependency operates in your life using the reflection questions that Dr. Evans offers on page 96. What steps will you take to break free from codependency (Dr. Evans gives some ideas on pages 96-97)?

## Chapter 7

1. What is your first reaction to the idea of negative consequences being caused by demonic oppression? How do you respond to this statement: “I would contend that many of the issues we face are often mislabeled and misdiagnosed. The spiritual operates in the unseen, and since we cannot see it, we frequently fail to diagnose the real root of behavioral problems”?
2. Where have you left a small opening for Satan to get a foothold in your life? How can you prevent this from becoming a stronghold?
3. What do you need to do in order to remove the oppressive forces at work in your life?

## Chapter 8

1. Think about your family’s generations before you. What generational predispositions, modeling, and consequences do you identify? What’s the spiritual DNA that you’ve “inherited”?
2. How does God relate to us even if we are struggling with negative influences that have come to us through past generations and our spiritual DNA?
3. Describe how your life would look when you choose to walk in the Spirit. How does walking in the Spirit differ from living out negative generational consequences?

## Chapter 9

1. Give several examples of discrimination (also called “partiality” or “elitism”) in your life. Why does God’s Word say it’s wrong?
2. Dr. Evans writes: “How you treat people reveals how you view God.” Do you agree or disagree with this statement? Why? How does this relate to discrimination?
3. Why does discrimination create chaos? What examples of this can you give? Why is the opposite true? What examples of unity creating peace can you give?

## Chapter 10

1. What is your attitude toward debt in your family? How do you respond to this statement from Dr. Evans: “Therefore, if you are living in debt, with more month than money, on an ongoing basis, you are living outside of the will of God”?
2. When you face financial crises, to whom do you turn? Do you think of financial problems as firstly spiritual ones? Why?
3. Discuss how you can practically apply Dr. Evans’ three words of advice for making a U-turn in your financial life: give, save, and spend. What specific changes do you need to make in order to implement his advice?

## Chapter 11

1. How has sexual immorality blocked God’s working of favor and blessing in your life? In what areas do you need to repent of past doings, forgive those who have wronged you, or repent and change course in present doings—or all of the above?
2. In your own words, describe how we are to do a U-turn from the negative consequences of sexual sins (as Jesus outlines in John 8).
3. How are forgiveness, condemnation, and grace linked? Whom do you need to forgive today?

## Chapter 12

1. How do you react to the truth that God’s ways and thoughts are not the same as ours? Is it easier or more difficult to follow Him, even when you don’t fully understand Him? Why?
2. When have you refused God’s leading in your life? How did that turn out for you?
3. How does the story of Naaman encourage your faith? What does it teach you about God? About yourself?