

2023



U-TURN

THE SIGNS OF LIFE SERMON SERIES

SMALL GROUP STUDY GUIDE

Whenever there's a U-turn, you get to a road, turn down a street and realize that you cannot go any further. The only way out is that you have to make a U-turn. There are things happening in your life right now that God is asking you to turn around because there are assignments in your *U-turn*.

The story of the demon-possessed man is in Mark 5 and Luke 8. Luke, by profession, was a physician and described this man as being under a spiritual attack, not a physical or mental condition. Jesus encountered this man and performed a miracle. The man was seen in his right mind and instructed by Jesus to make a *U-turn and tell others what God had done for him*.

THIS WILL BE A RECORD BREAKING YEAR.

Luke 8:34-39 - [34] *When those tending the pigs saw what had happened, they ran off and reported this in the town and countryside, [35] and the people went out to see what had happened. When they came to Jesus, **they found the man from whom the demons had gone out, sitting at Jesus' feet, dressed and in his right mind; and they were afraid.** [36] Those who had seen it told the people how the demon-possessed man had been cured. [37] Then all the people of the region of the Gerasenes asked Jesus to leave them, because they were overcome with fear. So he got into the boat and left. [38] The man from whom the demons had gone out begged to go with him, but Jesus sent him away, saying, [39] **“Return home and tell how much God has done for you.”** So the man went away and told all over town how much Jesus had done for him.*

- What God does for you may scare some people.
- Jesus sent the delivered man back home (U-turn) to testify.
- When God delivers you, you must open your mouth.

What has God done for you that you still have not shared with others? Why are you afraid to share what God has done?

THE MAN

Luke 8:27 NIV - *When Jesus stepped ashore, he was met by a demon-possessed man **from the town.***

- All we know at this point is that the man is afflicted. He was demon-possessed and nameless.

What has you bound? How long do you plan to live in affliction?

THE MAN AND HIS DEMONS

Luke 8:30 NIV - Jesus asked him, "What is your name?" "Legion," he replied, because many demons had gone into him.

- Legion in a Roman army is 6,000.
- What you are dealing with is spiritual.

How long have you been struggling in your spirit? Despite the struggles, how has God kept you?

WHAT HAS LEGION DONE TO THIS MAN?

THE LIST OF ISSUES

STRIPPED

Luke 8:27 NIV - For a long time this man had not worn clothes

- Things this man is supposed to have he doesn't.

What has the enemy stripped you of that you need, but cannot seem to get?

LIFELESS ENVIRONMENT

Luke 8:27 NIV - or lived in a house, but had lived in the tombs.

- Nothing seems to be living in your environment.

What appears to be dead in your life? How long has it been since you saw any resemblance of life in it?

LOST CONTROL

Luke 8:29 NIV - Many times it had seized him.

- The enemy will make you blind to what is holding you captive.

Have you ever wanted to control yourself, but were not able to?

SEIZED

Luke 8:29 NIV - though he was chained hand and foot and kept under guard, he had broken his chains

- You feel captive and if you're not careful, you will believe you are helpless.

What, if anything, is making you feel trapped and helpless?

ALONE

Luke 8:29 NIV - had been driven by the demon into solitary places.

- You may feel like you are by yourself.

How does the enemy use isolation against you?

RESTLESS

Mark 5:5 NIV - Night and day among the tombs

- You are exhausted, irritable, and struggling with resting. You can't find peace.

What keeps you up at night? How long have you been struggling to rest?

EMOTIONAL

Mark 5:5 NIV - in the hills he would cry out

- Your emotions are all over the place and you have trouble relating to others.

What have you on an emotional roller coaster? How long have you been experiencing this struggle and what are you doing to manage your emotions?

SUICIDAL

Mark 5:5 NIV - and cut himself with stones.

- You experience thoughts of self-harm.

Have you ever attempted or thought about harming yourself? If so, are you still having these feelings? Have you sought out help?

VOICELESS

Luke 8:-31 NIV - [30] Jesus asked him, "What is your name?" "Legion," he replied, because many demons had gone into him. [31] And they begged Jesus repeatedly not to order them to go into the Abyss.

- You feel like no one is listening to you.

How does it feel when it seems you have lost your voice to something else? How does your communication change when something has you bound?

MENTAL

- You feel like you have lost total control over your mind.

How does the enemy try to impact you mentally?

FINANCIAL ISSUES

- You are in a financial crisis.

What has the enemy done to cause you to make poor financial decisions?

FAMILY

- Your family is in shambles. What's attacking you will begin to affect your house.

What are some signs that the enemy is starting to affect your family?

GOD IS COMING TO GET YOU OUT OF THIS.

OUT OF THESE ON THE LIST, WHICH ONE(S) DO YOU STRUGGLE WITH?

- | | |
|---|--|
| <input type="checkbox"/> Stripped | <input type="checkbox"/> Emotional |
| <input type="checkbox"/> Lifeless environment | <input type="checkbox"/> Suicidal |
| <input type="checkbox"/> Lost control | <input type="checkbox"/> No voice |
| <input type="checkbox"/> Helpless | <input type="checkbox"/> Mentally challenged |
| <input type="checkbox"/> Alone | <input type="checkbox"/> Financial issues |
| <input type="checkbox"/> Restless | <input type="checkbox"/> Family |

DON'T SETTLE FOR WHAT IS ON THE LIST. GET UP AND FIGHT.

THIS IS NOT HIM

Ephesians 6:12 NIV - For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

- Others don't have a problem with you, they have a problem with your spirits.
- Don't accept some things as part of your identity. Some people want to see you bound.
- This world is dark. Just because it is legal doesn't make it right.

Is your first reaction to fight naturally or spiritually?

THE RIGHTEOUS CANNOT ADDRESS THE UNRIGHTEOUS WITH UNRIGHTEOUSNESS.

HOW HE GETS DELIVERED

PLACE

- Location matters. The man is in the right place.
- You have to be in the right place when God shows up.

POSTURE

- The man got down to beg, but it was a worship position.
- You have to humble yourself in worship before God.

PRESENCE

- You have to get in God's presence. He is drawn to your sound.
- Don't allow others to prevent you from ushering in the glory of God.

2 Corinthians 3:17 NIV - Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

- In the presence of God, He delivers you. You have to get free.

How will God find you when He comes into your presence? What will you be doing?

DELIVERANCE COMES WITH REGAINING.

WHAT DOES DELIVERANCE LOOK LIKE?

Luke 8:35 NIV - they found the man from whom the demons had gone out, sitting at Jesus' feet, dressed and in his right mind;

- God will change your posture so that people won't find who you used to be.

What areas do you need deliverance in? How have you seen God change your posture?

WHAT TO DO WITH THAT DELIVERANCE?

Luke 8:38-39 NIV - [38] The man from whom the demons had gone out begged to go with him, but Jesus sent him away, saying, [39] "Return home and tell how much God has done for you." So the man went away and told all over town how much Jesus had done for him.

- Go back and show others your deliverance.

Who have you discipled? How has your deliverance helped someone else?

U-TURN!

QUESTION

What bondage do you need God to set you free from?

DECLARATION

I am not what the enemy has tried to do to me! I am healed, set free, and delivered!

PRAYER

Heavenly Father, I thank You that You have given me the faith to overcome all of the enemy's schemes. Although Satan has tried to keep me in bondage, Your hand is on my life. Show me how to be in the right place, sit in the right posture, and position myself in Your presence as You deliver me. I promise, Lord, to tell everyone about Your wonderful and miraculous deeds. Thank You, Lord, for freedom! In Jesus' name, Amen!