

MYTHBUSTERS

Preparation

- Read the scripture selection and discussion topics.
- Pray for your meeting and group members.
- Be welcoming and the first to smile!

Follow Up

- Remind people to pray and update the prayer journal if you have one.
- Give praise reports and updates.
- Follow up with your group midweek.

Content Summary

- What consumes our thoughts, will eventually flow out of our mouths and out of our lives. It is all too easy to become consumed with our past mistakes, our failures, and with our sin. It can become easy to focus on avoiding sin and completely miss being consumed by Jesus. Where we focus is where we end so if we constantly focus on our failure, we will be consumed by our failure rather than being consumed by the work of Jesus in our lives. Focusing on our failures causes us to disconnect from church, from our family, from our small group, and eventually from God. It causes us to live in fear, in shame, and in seclusion. But we were not meant to live that way. The goal of following Jesus is to know Him. Here are some highlights from Sunday...

- We tend to focus on the “though shalt not’s” and ignore the “though shall’s”.
- Confession is better than suppression
- When we know Jesus, we know who we are. When we know who we are, we know what to do.
- Instead of avoiding sin, focus on Him

Scripture Selections

- Philippians 4:8-9
- Hebrews 12:1-2

Icebreaker

- Find your favorite FAIL video on Youtube or Facebook, and share it with the group. (Make sure it’s appropriate!) Inevitably, this will strike up some conversation. Don’t let it get away from you, and don’t let more fail videos consume your time. But use this as a launching point to start discussion about our own failures.

Discussion Topics

- What consumes most of your thoughts throughout the day? How do your thoughts influence your actions? (As the leader, it might help get things going if you answer the first question first.)
- Ask people to talk about how they define sin and the consequences of it.
 - **LEADER NOTES:**
 - *Sin is stepping outside of God’s intention, His protection, His instruction. The wages of sin ultimately is death.*
 - 1 Corinthians 15:56

- Romans 6:23

- What would the impact be on someone if their thoughts were consumed by their past mistakes and failures? How does focusing on the negative, or the worst possible outcome, affect a person?
- How might it impact someone if all they were to dwell on was the sin of their past or their potential to sin in the future?
- If where we focus our attention has an impact on what we say and what we do, we should make sure we are focusing on things that benefit us. Read Philippians 4:8-9. Discuss with the group, what kind of thoughts we should be focusing on, in light of these verses.
- Read Hebrews 12:1-2 and discuss how to throw off everything that hinders.
- Offer to have the group pray for individuals who may need prayer. Invite the group to gather around and lay hands on each other and pray for one another.
- Take down additional prayer requests and make sure everyone in the group has access to this list. Ask the group to commit to praying for one another throughout next week.