

onechurch

bigIdea

Where do mushrooms grow? On top of decay and in the darkness. Our secret appetites are like that. They decay our souls and grow in the darkness of secrecy. As long as you keep the secrets in the dark, it seems that there's no hope in the fight with your appetite. You try . . . but you're unable to say no. The appetite is too strong. You are too weak. And it becomes an unhealthy pattern of destruction, made worse because it's kept in the dark.



BIG IDEA: Appetites lose their power when we bring them into the light.

DISCUSSION QUESTIONS

1. What is the craziest thing you've done to squash an appetite?
2. How does an appetite become unhealthy? For example, our appetites for food serve to nourish our bodies. But is there something that triggers that appetite to become a destructive pattern?
3. *Read 1 Corinthians 10:13.* What promise is given in this verse?
4. Is it surprising to read that you are never tempted beyond your ability to resist? Is it comforting? Why or why not?
5. Think of "common" temptations that people frequently give into. What are some ways out that God provides us in dealing with these sins?
6. What are some reasons you might ignore the "way out" God provides when you are tempted? Share a time you saw the exit strategy, didn't take it, and wish you had.
7. How can we prepare ourselves for temptation before it comes?
8. What's the difference between keeping something private and keeping something a secret?
9. *Read Ephesians 5:8-13.* Why is it difficult to expose our appetites to the light?
10. What are some consequences to keeping our unhealthy appetites in the dark?
11. Who can you trust and confide in to help you say no to your unhealthy appetites?

FOR FURTHER STUDY

1. *Read James 1:13-15.* Where does temptation come from? Is temptation and sin the same thing?
2. Where does temptation lead? Where does sin lead? Do you think there are any exceptions to this rule?
3. Do you agree with James, that all temptation can lead to "death?" Why or why not?
4. How does knowing that our evil desires and the world we live in are responsible for our temptations affect your understanding of them? Does it make temptation seem more or less escapable?

MOVING FORWARD

Most people choose to keep their appetites a secret out of fear of embarrassment. On the one hand, exposing things to the light can make you feel very vulnerable. On the other hand, keeping things in the dark may eventually have much more significant consequences. Which would you prefer, embarrassment now or death and destruction later? Creating some accountability may be a difficult decision, but if something's got to change, then you may find that exposing your appetite to the light might be one of the best decisions you ever made.

CHANGING YOUR MIND

For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them. Ephesians 5:8-11