

ISOLATION.

Fight Club : Part 1 of 5 : MANUP.co

How to WIN.

1. See it.
2. Name it.
3. Ask for Help.
4. Punch it with TRUTH.

TRUTH : Isolation was the first problem of man.

Genesis 2

¹⁸ God said, "It's not good for man to be ALONE."

TRUTH : Some of our greatest REGRETS happened when we were ALONE.

TRUTH : Some of our greatest ACCOMPLISHMENTS happened when we were in COMMUNITY.

Q: Why is isolation so dangerous?

Q: When are we most tempted to be alone?

The LIES we Believe.

- I am the only one.
- I can handle it.
- I'm not hurting anyone else.
- If I'm honest they won't _____ me.
- God is all I need.

The TRUTH about Isolation. (Elijah)

- **Isolation will FIND you.**

1 Kings 18

³⁶ Elijah the prophet walked up to the altar and prayed,
“O LORD, God of Abraham, Isaac, and Jacob, prove today that you are God in Israel and that I am your servant.
³⁷ *O LORD, answer me! Answer me so these people will know that you, O LORD, are God and that you have brought them back to yourself.”* ³⁸ Immediately the fire of the LORD flashed down from heaven . . . ³⁹ and when all the people saw it, they fell face down on the ground and cried out, ***“The LORD - he is God!”***

(10 verses later) . . . Elijah was afraid and fled for his life.

- **Isolation will SURPRISE you.**

1 Kings 19

³ Elijah was afraid and fled for his life. He went to Beersheba and left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. He said . . .
“I have had enough, LORD. Take my life, for I am no better than my ancestors who have already died.”

- **Isolation will CONSUME you.**

1 Kings 19

⁹⁻¹⁰ The LORD said to Elijah, “What are you doing here?”
Elijah replied, “I have zealously served the LORD God Almighty. But the people of Israel have broken your covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”

**Isolation will consume you with
PRIDE - BLAME - FEAR.**

CONFESSION trumps ISOLATION.

Confess = “to acknowledge openly and joyfully”

The TRUTH about Confession.

- **Confession allows others to KNOW you.**

James 5

¹⁶ Confess your faults to one another, and pray for one another, that you may be healed. The prayer of a righteous person is powerful and effective.

- **Confession allows others to HELP you.**

Ecclesiastes 5

⁹ Two people are better off than one, for they can help each other succeed. ¹⁰ If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

- **Confession allows others to LOVE you.**

John 13

³⁴ Jesus said to his disciples, “I am giving you a new commandment - **Love Each Other**. Just as I have loved you, you should love each other. Your love for each other will prove to the world that you are my true disciples.”

Your Turn.

1. Be completely honest with SOMEONE.
2. Give them permission to CORRECT you.
3. Tell them how to ENCOURAGE you.

FEAR.

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Together . . . we can WIN.

1. See it.
2. Name it.
3. Ask for Help.
4. Punch it with TRUTH.

Q: How did you practice confession this week?

Q: What are you afraid of? *(be honest)*

Q: Why is fear so dangerous?

**TRUTH : Fear can push us TOWARDS God
but it can also BECOME our God.**

When we Fear . . .

- **Exposure** we bow down to *Isolation*.
- **Failure** we bow down to *Safety*.
- **Rejection** we bow down to *Approval*.
- **Loss** we bow down to *Control*.
- **GOD** we bow down in **WORSHIP**.

“God *has not* given us a spirit of *FEAR*,
but of power, love, and self-discipline.” - 2 Timothy 1:7

The LIES we Believe.

- Real men don't Fear.
- I'm not afraid . . . I'm _____.
- If I had more _____ I wouldn't be afraid.
- That's just "who I am."
- God can't use me because I'm AFRAID.

The TRUTH about Fear. (Moses & Aaron)

- **Fear is REACTIVE.**

Exodus 32

¹ When the people saw how long it was taking Moses to come back down the mountain, they gathered around Aaron. *"Come on,"* they said, *"make us some gods who can lead us.* We don't know what happened to this fellow Moses, who brought us here from the land of Egypt." ² So Aaron said, "Take the gold rings from the ears of your wives and sons and daughters, and bring them to me."

- **Fear is DECEPTIVE.**

Exodus 32

⁴ Then Aaron took the gold, melted it down, and molded it into the shape of a calf. When the people saw it, they exclaimed, "O Israel, these are the gods who brought you out of the land of Egypt!" ⁵ *Aaron saw how excited the people were,* so he built an altar in front of the calf. Then he announced, "Tomorrow will be a festival to the Lord!"

- **Fear is DESTRUCTIVE.**

Exodus 32

⁶ The people got up early the next morning to sacrifice burnt offerings and peace offerings. After this, *they celebrated with feasting and drinking, and they indulged in pagan revelry.*

The TRUTH about Worship.

- **Worship is KNOWING the God who KNOWS you.**

Exodus 33

¹² One day Moses said to the LORD, “You’ve been telling me, ‘*Take these people up to the Promised Land.*’ But you haven’t told me whom you will send with me. You have told me, ‘*I know you by name, and I look favorable on you.*’

¹³ “If it is true that you look favorably on me, let me know your ways so I may understand you more fully and continue to enjoy your favor.”

¹⁴ The LORD replied, “I will personally go with you, Moses, and I will give you rest - everything will be fine for you.”

¹⁵ Then Moses said, “If you don’t personally go with us, don’t make us leave this place. . . ¹⁶ For your presence among us sets us apart from all other people on the earth.”

¹⁷ The LORD replied to Moses, “I will indeed do what you have asked, for I look favorably on you, and I know you by name.”

The God who KNOWS you - KNOWS what to do.

- **Worship is SEEING the God who SEES you.**

Exodus 33

¹⁸ Moses responded, “Then show me your glorious presence.”

¹⁹ The LORD replied, “*I will make all my goodness pass before you, and I will call out my name, **Yahweh**, before you.*”

“For I will show mercy to anyone I choose, and I will show compassion to anyone I choose. ²⁰ But you may not look directly at my face, for no one may see me and live.”

²¹ The LORD continued, “Look, stand near me on this rock.

²² As my glorious presence passes by, I will hide you in the crevice of the rock and cover you with my hand until I have passed by. ²³ Then I will remove my hand and let you see me from behind. But my face will not be seen.”

Exodus 34

⁵ Then the LORD came down in a cloud and stood there with him; and he called out his own name, **Yahweh**.

The God who SEES you is WITH you.

- **Worship is TRUSTING the God who’s FOR you.**

Exodus 34

⁸ Moses immediately threw himself to the ground and **worshipped**.

⁹ And he said, “O LORD, if it is true that I have found favor with you, then please travel with us. Yes, this is a stubborn and rebellious people, but please forgive our iniquity and our sins. Claim us as your own special possession.”

¹⁰ The LORD replied, “Listen, I am making a covenant with you in the presence of all your people. I will perform miracles that have never been performed anywhere in all the earth or in any nation. And all the people around you will see the power of the LORD - the awesome power I will display FOR YOU.

¹¹ But listen carefully to everything I command you today. Then I will go ahead of you and drive out (your enemies).”

The God who’s FOR you is AHEAD of you.

- **My FEAR says _____.** (make a list of your top fears)
- **But GOD says _____.** (search PEACE @ Bible.com)

ANGER.

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1 Timothy 6

¹² Paul told Timothy to *“Fight the Good Fight.”*

Anger says . . . “YOU OWE ME.” - Andy Stanley

Anger always has a NAME . . .

it’s either your name, my name, or God’s name.

The TRUTH about Anger.

“Anger is the soil for 1,000 Sins.”

*“Anger will cost you more than you want to PAY
and keep you longer than you want to STAY.”*

*“Anger starts with a PERSON who owes you
but eventually hurts EVERYONE around you.”*

Q: What makes you Angry?

Q: Who makes you Angry?

Q: How long do you plan on staying angry?

“Forgiveness is the decision to cancel a debt.”

- Andy Stanley -

Ephesians 4

³¹ *Get rid of* all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

³² Instead, be kind to each other, tenderhearted, *forgiving one another* **just as** God through Christ has forgiven you.

Forgiveness is . . .

- **Cancelling a debt they can NEVER pay.**

“It’s IMPOSSIBLE to know how much they OWE.”

- **Cancelling a debt BEFORE they ask.**

“It’ll cost you more to CARRY the debt than to CANCEL the debt.”

- **An ACTION not a FEELING.**

“Your story is an EXPLANATION for your feelings not an EXCUSE for your actions.”

Matthew 18

²¹ Peter came to Jesus and asked, “Lord, how often should I forgive someone? Seven times?”

²² “No, not seven times,” Jesus replied, “but seventy times seven!”

“Forgiveness isn’t a ONE-TIME action it’s an EVERY-TIME decision.”

Romans 12

¹⁶ Live in harmony with each other.

Don't think you know it all!

¹⁷ Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable.

¹⁸ Do all that you can to live in peace with everyone.

¹⁹ Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say . . .

*"Vengeance is MINE.
I will repay."* says the Lord.
(Deuteronomy 32:35)

²⁰ **Instead . . .**

*"If your enemies are hungry, feed them.
If they are thirsty, give them something to drink."
(Proverbs 25:21-22)*

²¹ **Don't let evil conquer you,
but conquer evil by doing good.**

Forgiveness doesn't . . .

- **IGNORE** the *problem* -
it finds a **SOLUTION**.

Luke 23

³⁴ Jesus said, "*Father forgive them,
for they don't know what they are doing.*"

*"Forgiveness is the primary way
to show Jesus to others."*

- **EXCUSE the *person* -**
it removes your EXCUSES.

*“Accepting God’s forgiveness frees me from
MY sin . . . offering forgiveness to others
frees me from THEIR sin.” - Andy Stanley*

*“Forgiveness isn’t what they DESERVE
it’s what you DESIRE.”*

- **REMOVE the *penalty* -**
it removes you as the JUDGE.

*“Forgiveness is transferring
their debt to God’s account.”*

- **CONTINUE the *pattern* -**
it stops the CYCLE.

*“Forgiveness doesn’t stop at EVEN -
it replaces EVIL with GOOD.”*

Your Turn.

- 1. Make a list of WHO owes you WHAT.**
- 2. Decide IF or WHEN you’re ready to Forgive.**
- 3. Thank God for HIS Forgiveness.**
- 4. CANCEL the debt and CLOSE the case.**

TEMPTATION.

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2 Timothy 2:22

*“Flee youthful lusts **AND** pursue righteousness.”*

TEMPTATION is an INVITATION to believe a LIE.

4 Temptations of a Man > Money - Sex - Pleasure - Power

The TRUTH about Temptation.

- **Temptation says MORE.**

The eyes of man are never satisfied. - Proverbs 27:20

- **Temptation says NOW.**

The wise man sees danger and takes precautions.

The fool goes on blindly and suffers the consequences.

- Proverbs 22:33

“Temptation trades what we ultimately want for what we want right NOW.” - Andy Stanley

- **Temptation says I _____.**

There is a way that seems right to a man

but it ends in **DEATH**. - Proverbs 14:12

Q: What LIE are you most tempted to believe?

Q: What’s at the END of the road you’re on?

Q: Who’s gonna PAY if you choose to STAY?

1 John 2

¹⁵ Do not love this world or the things it offers you, for when you love the world, you do not have the love of the Father in you.

¹⁶ For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world.

¹⁷ And this world is fading away, along with everything that people crave. But anyone who does what pleases God will live forever.

Temptation is . . .

- **A DISTRACTION from your MISSION.**

“You can’t chase EVIL and follow GOD.”

- **A CRAVING that doesn’t SATISFY.**

“Temptation will promise something it can NEVER deliver.”

- **A TEMPORARY fix to an ETERNAL need.**

“Idolatry is making a GOOD thing a GOD thing.”

- Tim Keller @ Counterfeit Gods

James 1

¹² God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.

¹³ And remember, when you are being tempted, do not say, "God is tempting me." God is never tempted to do wrong, and he never tempts anyone else.

¹⁴ Temptation comes from our own desires, which *entice us and drag us away*.

¹⁵ These *desires* give birth to sinful *actions*. And when sin is allowed to grow, it gives birth to *death*.

²¹ So get rid of all the filth and evil in your lives, and humbly *accept the word God* has planted in your hearts, for it has the power to save your souls.

²² But don't just listen to God's word. You must *do what it says*.

Temptation isn't . . .

- From GOD . . .
but God will use it.
- A SIN . . .
but it will lead you to it.
- Your BOSS . . .
but It will tell you what to do.

***“The best way to say NO to Temptation
is to say YES to Mission.”***

Proverbs 4

²⁵ Look straight ahead,
and fix your eyes on what lies before you.

²⁶ Mark out a straight path for your feet;
stay on the safe path.

²⁷ Don't get sidetracked;
keep your feet from following evil.

Mission will . . .

- **Determine your DIRECTION.**

“Your DIRECTION determines your DESTINATION.”

- Andy Stanley @ The Principle of the Path

- **Keep your FOCUS.**

*“Temptation looks AROUND you
but Mission looks in FRONT of you.”*

- **Make your CHOICES.**

“Your CHOICES take you PLACES.”

Your Turn.

1. Make a list of things to run **FROM**.
2. Make a list of things to run **TO**.
3. **SHARE YOUR LIST** with someone you trust.

REGRET.

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TOGETHER . . . we can WIN!

Judges 7

²¹ And they stood every man in his place.

Nehemiah 4

¹⁴ Fight for your brothers, your sons,
your daughters, your wives, and your homes.

***“FAILURE is our biggest FEAR
and SHAME is our greatest PAIN.”***

- Craig Groeschel

The TRUTH about Regret.

- *Regret keeps your FOCUS on something you CAN'T change.*
- *Regret says you're DONE because of what you DID.*
- *Regret turns an ACTION into an IDENTITY.*

***“What you DID or what was DONE
to you is not who you ARE.”***

Q: Do you have any REGRETS?

Q: How do you usually handle FAILURE?

REPENTANCE will defeat Regret.

Judges 16

²⁰ Then Delilah cried out, “Samson! The Philistines have come to capture you!” When he woke up, he thought, “I will do as before and shake myself free.” But he didn’t realize the Lord had left him.

²¹ So the Philistines captured him and gouged out his eyes. They took him to Gaza, where he was bound with bronze chains and forced to grind grain in the prison.

²² But before long, his hair began to grow back.

²⁵ Half drunk by now, the people demanded, “Bring out Samson so he can amuse us!” So he was brought from the prison to amuse them, and they had him stand between the pillars supporting the roof.

²⁸ Then Samson prayed to the Lord, “Sovereign Lord, remember me again. O God, please strengthen me just one more time. With one blow let me pay back the Philistines for the loss of my two eyes.”

²⁹ Then Samson put his hands on the two center pillars that held up the temple. Pushing against them with both hands, ³⁰ he prayed, “Let me die with the Philistines.” And the temple crashed down on the Philistine rulers and all the people.

³⁰ So he killed more people when he died than he had during his entire lifetime.

“God isn’t DONE with you until you’re DEAD.”

Proverbs 24

¹⁷ The righteous man falls seven times and rises again, but one disaster is enough to overthrow the wicked.

Let's be HONEST . . . (About Failure)

- We want to IGNORE it.
- We want to HIDE it.
- We want to EXCUSE it.

“You’re only as STRONG as you are HONEST.”

- Craig Groeschel

Psalm 51

¹ Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. ² Wash me clean from my guilt.

Purify me from my sin. ³ For *I recognize my rebellion*; it haunts me day and night.

⁴ Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just.

⁷ Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. ⁸ Oh, give me back my joy again; *you have broken me - now let me rejoice*.

⁹ Don't keep looking at my sins. Remove the stain of my guilt. ¹⁰ *Create in me a clean heart, O God. Renew a right spirit within me.* ¹¹ Do not banish me from your presence, and don't take your Holy Spirit from me.

¹² *Restore to me the joy of your salvation*, and make me willing to obey you. ¹³ Then I will teach your ways to rebels, and they will return to you. ¹⁵ Unseal my lips, O Lord, that my mouth may praise you.

Repentance Says . . .

- **I'm SORRY.**

"I'm Sorry doesn't include IF, AND, or BUT."

- **I was WRONG.**

*"Repentance is a VERBAL confession
of an INWARD change."*

- **Will you FORGIVE me?**

"Sin separates you from GOD and OTHERS."

(BTW - the Scriptures never say to forgive yourself)

- **What can I LEARN?**

*"Your Failure doesn't DEFINE
you but it should DIRECT you."*

- **Who can I HELP?**

*"Shame keeps us SILENT but
Repentance SENDS us out."*

- - -

Your Turn.

1. **WHO** needs you to say *I'm Sorry* to?
2. **WHAT** have you learned from your failure?
3. **HOW** can God use your Story?