

Message Series: Secrets Week 1

Message Title: Breaking Free from the Secrets that Strangle Us

Date: April 2 & 3, 2016

Message Summary: Satan longs to use secrets from our past and areas of life we secretly struggle with to keep us under his foot. The life of King David illustrates the deadly downward spiral of sinful secrets and also how to break free and move beyond.

Leaders: The questions that follow are designed to stir reflection and discussion. Please read through them prior to your meeting, so you can be prepared to prayerfully pace your group well. Feel free to write your answers down and make notes so you are prepared to lead your group. And remember, as leader, your goal is to promote increased *biblical* awareness, as well as individual *self*-awareness – a combination that with the help of the Holy Spirit, results in revelation and...transformation!

Below you will find questions that relate to the primary scripture and additional scripture. There will be other reflective questions intended for group discussion and application.

Setting a Baseline for Secrets

➤ **God ... there are no secrets hidden from God**

Read Hebrews 4:12-13

If we lived in a constant awareness of the truth revealed in these verses, how would it change our daily living and interactions with others? What could one do to help us stay mindful?

➤ **Others... secrets destroy trust**

Pastor Ken said most secrets are based on shame. If you knew, you wouldn't approve, you would think differently of me, etc. Where are the places in life where this is true?

➤ **Ourselves... we don't keep secrets from ourselves, but we lie to ourselves**

Read John 8:44 & James 1:13-18

Talk about times or situations where Satan deceives us and gets us to lie to ourselves. Pastor Ken mentioned that Satan will often "whisper" to us along the progressive nature of sin. Can you think of a time where this has been true in your life?

Read 2 Samuel 11 – 12

Write down two or three principles of truth regarding _____ to share with your group that stood out to you as you read through these two chapters.

Breaking free from the destruction of secrets

➤ **Confront**

Name it & face it. This requires honesty with ourselves and God. Until we are ready to deal with the secret / area of struggle it will always have dominion over us. What makes this step so difficult for so many?

➤ **Confess**

Read Romans 8:1-16

Write down two truths from this passage that speak to you to share with the group. How does Romans 8:1 influence our "coming to Christ in confession?"

Read 1 John 1:8-9 and James 5:16. Talk about what this means to you.

➤ **Receive Power Over It**

Read 1 Corinthians 10:12-13

The way out is through the power and grace of Christ.

I recently read a great description of God's grace...

If you had a child and he flushed your diamond necklace down the toilet as an accident and you knew it was truly an accident and he begged your forgiveness...you would forgive him as his parent, wouldn't you? If that child said that he is such a bad child and that he was not going to allow himself to ever eat or feel good again, would you try to convince your child that he was forgiven? You would. That's the way God looks at those who have a hard time realizing God has truly forgiven them and beat themselves up over sin.

Pray for one another, to walk in the light and never be prisoner to secrets.