

3 WEEKS

WRECKING BALL





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how to become an addict **week 1**

ADDICT



SMALL GROUP STUDY

Kicking it off:

Do you ever binge on food, drinks, shows, games, or other things? What's your guiltiest pleasure?

Big Idea:

Anyone can easily become mastered by sin by

- 1) never admitting you have a problem,
- 2) gratifying your fleshly desires,
- 3) keeping your sin/addiction a secret, and
- 4) depending on your own power, not God's.

Key Scriptures:

Read the following Scriptures, then discuss.

1 Corinthians 6:12

"I have the right to do anything," you say - but not everything is beneficial. I have the right to do anything- but I will not be mastered by anything."

Jeremiah 3:13

"Only acknowledge your guilt. Admit

that you rebelled against the Lord your God and committed adultery against him by worshipping idols..."

Galatians 5:16-17

"So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want."

Proverbs 28:13

"Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."

2 Corinthians 10:3-5

"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against

the knowledge of God, and we take captive every thought to make it obedient to Christ."

Galatians 5:1

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Discussion:

1. With which of the four steps of becoming an addict (listed in the Big Idea) are you most likely to be tripped up by?
2. Reflect on 1 Corinthians 6:12. Are you over-spending your time, energy, or other resources on anything that's not beneficial? Why?
3. Have you ever become addicted to something? How did it start?
4. Have you ever been set free from something by the power of God? Can you share that story?
5. Review 2 Corinthians 10:3-5. Do you think you have divine

power to demolish strongholds? How do you think this should apply to believers?

6. Review Proverbs 28:13. Sin grows in the dark. The light brings freedom. Share with your group an area of sin with which you struggle so you might bring it into the light and receive mercy.
7. Review Galatians 5:16-17. How might you walk more in the power of the Spirit?

Wrapping It Up:

Consider fasting for a time from a specific thing that may be having power over you. Share that with the group and hold one another accountable.

*"It is for freedom that
Christ has set us free.
Stand firm, then,
and do not let
yourselves be
burdened again by a
yoke of slavery."
Galatians 5:1*

MEMORY VERSE



how to drift from God

week 2

DRIIFT



SMALL GROUP STUDY

Kicking it off:

What are the most common ways you see people wreck their lives?

Big Idea:

You can easily drift from God by

1. neglecting your time with Him,
2. hanging around the wrong people,
3. giving in to temptation and
4. loving this world more than you love Him.

Key Scriptures:

Read the following Scriptures, then discuss.

Matthew 13:19-23

"When anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in their heart. This is the seed sown along the path. The seed falling on rocky ground refers to someone who

hears the word and at once receives it with joy. But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away. The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful. But the seed falling on good soil refers to someone who hears the word and understands it. This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown."

Hebrews 2:1

"We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away."

Psalms 63:1

"You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water."

1 Corinthians 15:33

"Do not be misled: "Bad company corrupts good character."

James 1:14-15

"...but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death."

1 John 2:15

"Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them."

Isaiah 29:13

"The Lord says: "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me..."

Revelation 3:1

"...I know your deeds; you have a reputation of being alive, but you are dead."

Revelation 2:4-5

"...You have forsaken the love you had at first. Consider how far you have fallen! Repent and do the things you did at first..."

Discussion:

1. Most often a person's wrecked life doesn't come out of nowhere, but is a result of a slow drift. How have you observed this in your own life

or the life of someone you care about?

2. Was there a time in your faith when you felt closer to God than you do now? What was different about your life then? How might you have allowed yourself to drift from Him?
3. Share about an experience where you struggled but eventually had success with overcoming one of the four drifts from God contained above in the Big Idea. What made the difference?
4. Review Matthew 13:19-23. Which soil are you most like currently? How will you mend the soil?
5. Review James 1:14-15. In what areas would you say you are most vulnerable to temptation? How might you put guardrails or accountability into your life so that you may resist temptation and stay the course?
6. Review Revelation 2:4-5. What steps will you take to put God first in your life?

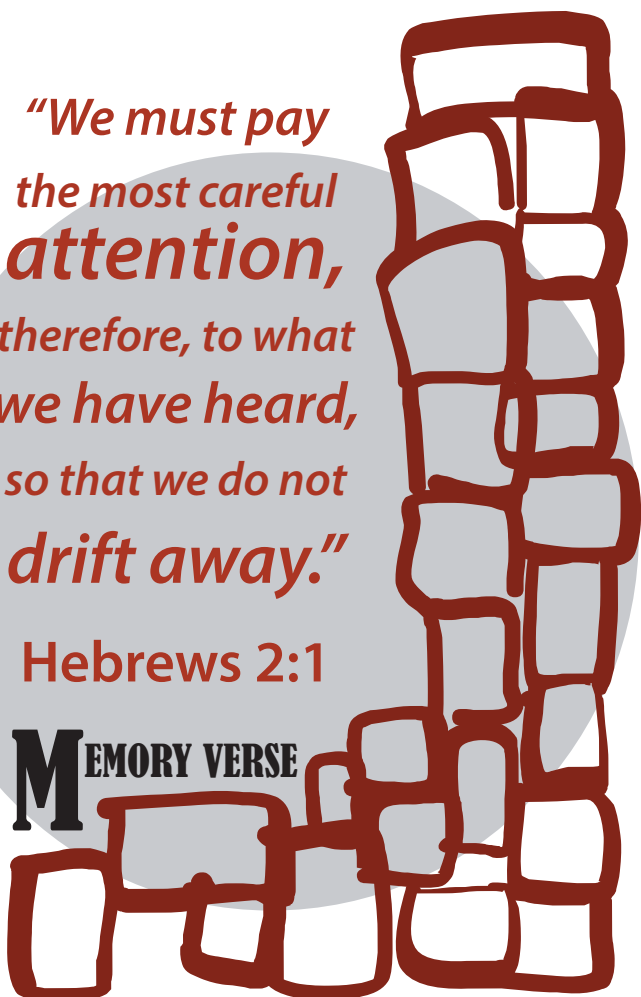
Wrapping It Up:

Pray for one another in the specific area identified as your place of vulnerability or temptation and renew your commitment to give God first place in your life.

*“We must pay
the most careful
attention,
therefore, to what
we have heard,
so that we do not
drift away.”*

Hebrews 2:1

MEMORY VERSE



how to be dissatisfied

week 3

DIS- SATISFIED



SMALL GROUP STUDY

Kicking it off:

How much more do you think it would take to make your life better or easier?

Big Idea:

We can wreck our lives by playing the comparison game and constantly being dissatisfied in the following ways:

- 1) focusing on being ungrateful,
- 2) comparing what you have to people who have more,
- 3) pursuing temporary possessions over eternal treasures, and
- 4) developing an attitude of entitlement.

Key Scriptures:

Read the following Scriptures, then discuss.

1 Timothy 6:6-8

"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that."

Philippians 4:12

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."

Luke 12:16-21

"And he told them this parable: 'The ground of a certain rich man yielded an abundant harvest. He thought to himself, 'What shall I do? I have no place to store my crops.' 'Then he said, 'This is what I'll do. I will tear down my barns and build bigger ones, and there I will store my surplus grain. And I'll say to myself, 'You have plenty of grain laid up for

many years. Take life easy; eat, drink and be merry." "But God said to him, 'You fool! This very night your life will be demanded from you... 'This is how it will be with whoever stores up things for themselves but is not rich toward God.'"

1 Thessalonians 5:16-18

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

2 Corinthians 10:12

"We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise."

Luke 12:15

"Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of his possessions."

Philippians 3:7-8

"But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ."

Discussion:

1. Review 1 Timothy 6:6-8. Food and clothing—what do you add to this list to be happy?
2. Review Luke 12:16-21. What do you think it means to be rich toward God?
3. Review Luke 12:1. Why do you think it's so easy to go after temporary stuff instead of eternal treasure?
4. "Resent God's goodness in everyone else's life, and ignore His goodness in your own." Can you identify? How?
5. If the way you live could speak, what would it list as the five things you value most? How do you feel about the list?
6. What is the one thing you think you need to be fully happy? Does it offer anything that Jesus can't?
7. Share about a moment when you realized Jesus was enough. What brought you to this moment?
8. Review Philippians 3:7-8. What do you have or are you trying to obtain that you don't really need for happiness? How might you consider these things "garbage" that you may gain Christ?

Wrapping It Up:

Gratitude turns what we have into enough. Take some time to share with your group the things for which you are most grateful. Then pray together a prayer of thanksgiving and for your hearts to be more satisfied with Him than in any other thing.

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."

Philippians 4:12

MEMORY VERSE

MEMORY VERSES

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Galatians 5:1

"We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away."

Hebrews 2:1

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."

Philippians 4:12



NOTES



Top 10 Tips for Leading a Small Group

1. Establish a welcoming, accepting, and safe environment.
 - Take time to prepare.
 - Make sure to give a warm enthusiastic greeting to each person.
 - Verbally communicate the environment that you hope to create.
 - Ephesians 4:1-3
2. On the opening night of your group you need to have some intentional discussions centered around these questions:
 - What is the purpose of our group?
 - What is the vision for our group?
 - What are your expectations?
 - What do you hope to gain from this group experience?
 - What are some things we value as a group?
 - What are some healthy guidelines we need to have in place?Review and sign a group agreement.
3. Be authentic. Spend time sharing your life stories in order to get to know each other on a deeper level.
4. Find a good balance between:
 - Truth and grace/Bible study and life
 - Encouraging and challenging one another
 - Giving and receiving feedback from each other
5. Ask good questions to stimulate good discussion. Use open ended questions and follow up questions.
6. Hang out together, do things socially, eat together and have fun together!
7. Develop a missional lifestyle, find a service project to do together in the community.
8. Raise up new leadership by rotating facilitation of the group.
9. Share the responsibilities in order to increase individual commitment and ownership of the group.
10. Pray for your group and for each other!

Find ways to celebrate what God is doing in your group! Who else could you invite to join you in order that their life may be impacted by what God is doing in your group?

Group Agreement

OUR PURPOSE

To transform our spiritual lives by cultivating our spiritual health in a healthy small group community. In addition, we: _____

OUR VALUES

Group Attendance: To give priority to the group meeting. We will call or email if we will be late or absent.

Safe Environment: To help create a safe place where people can be heard and feel loved. (Please, no quick answers, snap judgments, or simple fixes.)

Respect Differences: To be gentle and gracious to people with different spiritual maturity, personal opinions, temperaments, or imperfections. We are all works in progress.

Confidentiality: To keep anything that is shared strictly confidential and within the group, and to avoid sharing improper information about those outside the group.

Encouragement for Growth: To be not just takers but givers of life. We want to spiritually multiply our life by serving others with our God-given gifts.

Welcome for Newcomers: To keep an open chair and share Jesus' dream of finding a shepherd for every sheep.

Shared Ownership: To remember that every member is a minister and to ensure that each attender will share a small team role or responsibility over time.

Rotating Hosts/Leaders and Homes: To encourage different people to host the group in their homes, and to rotate the responsibility of facilitating each meeting.

OUR EXPECTATIONS

- Refreshments/mealtimes _____
 - Childcare _____
 - When we will meet (day of week) _____
 - Where we will meet (place) _____
 - We will begin at (time) _____ and end at _____
 - We will do our best to have some or all of us attend a worship service together.
 - Our primary worship service time will be _____
 - Date of this agreement _____
 - Date we will review this agreement again _____
 - Who (other than the leader) will review this agreement at the end of this study _____
-



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