

## Talk it Over: Dis-ease, Week 4

### June 27-28, 2020

Looking back at the message this weekend, what was the key thought for you?

### Key Scripture

1 Peter 2:11- Dear friends, I urge you as aliens and strangers in this world to abstain from sinful desires, which war against your soul!

### Other Scripture

Romans 17:15,24; Psalm 38:3-4; John 8:44-45; 1 John 1:9; James 5:16; 1 Corinthians 10:13; and 1 Peter 2:24-25.

### Key Thoughts

#### What tortures our souls?

1. We're tortured by things we've **done**.
2. We're tortured by lies we **believe**.

#### Tell your soul...

1. It's better to **confess** your sins than to **hide** them.
- We confess to God for **forgiveness**.
  - We confess to people for **healing**.

**Big Idea:** Breakthrough occurs when things that torture us are brought into light and Christ sets us free.

### Start Talking

Ice Breaker: Looking back at your life, can you think of a moment when you wish that you had an invisibility cloak on so that nobody could see you? Why did you feel this way? Discuss your memory and thoughts with the group.

### Start Thinking

Pastor Troy told a story about a bully who would beat him up when he was a kid. Satan is kind of like a big, evil bully. He wants to torture us, and evil powers are experts at playing mind games. Satan doesn't use force as much as coercion and distraction. The last thing he wants you to do is turn to God and others for help. Why do we sometimes feel the best thing we should do is to run and hide from others, including God?

Frequently we think that what we have done is so bad that nobody will want to be our friend if we let others know the "real" me. But despair grows in the dark. Satan will tell us something is not a big deal, then he turns right around and tries to convince us that our past is written on our lives in permanent ink. Why do we so often let our past torture us when God offers us freedom? Why do we let the voice that says we can never change win?

The Apostle Paul admitted in Romans 17:15 that even he didn't understand why he failed to do the right thing and resist sin in many situations. Looks like we are in good company when we come clean about our weakness. How should a Christian respond when the enemy uses a lie to make us despair? When we realize our sin, what should we do? Hint: see 1 John 1:9.

We must keep in mind that the objective of demonic forces is not just to get us to do wrong. They want to hold those things over our head and separate us from the love of God. But Jesus loves us so much that He went to hell and back to secure our freedom.

### Start Sharing

Pastor Troy commented, "Many people are tortured souls because they are prisoner to something that isn't true." We must never forget that Satan and evil spiritual forces speak lies. The Bible says that Satan is the father of lies (John 8:44). Lies are like his native language and chief weapon. Think back to a time recently where you have believed a lie about yourself. Why did you let that lie have authority in your life? Share with the group about how this specific mindset and discuss what is the truth to counter the lie.

Go around the room and let everyone share who wants to comment. You don't want to force anyone to share who doesn't feel comfortable doing so. If conversation goes out, ask the group to discuss the topic in general. Maybe ask, "What makes a good lie, and why can they be so hard

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to recognize? How can we get perspective to call out a lie for what it truly is?"

### Start Praying

Let's move from identifying the problem to dealing with it through prayer. Confessing our sin brings freedom. When we hide, we are letting Satan the bully win. 1 John 1:9 tells us that God will forgive our sins if we confess them. Take a piece of paper and write some of the sins that have plagued you recently. Fold the piece of paper and take a few minutes to confess those sins quietly to God and ask for forgiveness. Ask for God's help to overcome that temptation. Now, take a minute or so and ask for God to give you the name of someone with whom you can share this sin pattern. James 5:16 identifies that healing comes through confession to others. It may be a good friend, somebody in your small group, a spiritual mentor or someone who you trust to be discreet.

### Start Doing

Pastor Troy challenged, "Your temptation is not super special. It is common to everyone. Many have struggled with the same thing. Don't give your temptation too much credit." Satanic forces usually want us to believe that our sin and temptation is stronger than it really is. 1 Corinthians 10:13 reminds us that God provides a way out when it comes to sin and temptation. Start thinking about your sin patterns. What are some trap doors that you can use to get away from those

bad situations? What are triggers that lead to temptation? How can you avoid those situations? How can you seek support from a friend to help hold you accountable and provide support? Overcoming sin involves being intentional in advance and avoiding situations that can lead to bad outcomes.