



BIG IDEA SMALL GROUP DISCUSSION GUIDE

Small groups that focus on the Big Idea for the week can use this guide to apply the message to life and take action. Feel free to use whatever parts of this guide best fit your group personality and time frame. Do NOT feel like you have to use every question. All verses, unless otherwise noted, are from the New International Version (NIV).

10.17/18.09 // Hostage – Freedom From Addiction

BiG iDEA: *Through God's power, you can overcome the addictions in your life*

// Ice Breaker _____

Option 1: Ok, say you were moved to an island. All your basic necessities are supplied, as well as a Bible. You can take one thing of your choice - something you just can't live without. What would be that one thing and why is it so valuable?

Option 2: Why are addictions (including habits that control your life) so hard to give up?

// Questions for Discussion _____

1. Is it easy to admit we are addicted to something?

What are some signs that we are addicted?

Is it possible to be addicted to 'good' things? Why or why not?

2. Read Genesis 4: 6 - 7

"Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it."

What do you think the following phrase means 'sin is crouching at your door; it desires to have you, but you must master it.'?

Why is it so important to master?



3. Read Romans 6:12 - 14

Therefore do not let sin reign in your mortal body so that you obey its evil desires. ...But rather offer yourselves to God... For sin shall not be your master....

What would be some examples of sin being our master?

Who should be our master?

4. Read Acts 3:19 (emphasis added)

Repent, then, [repent doesn't mean beat yourself up and put yourself down. It means to turn away from sin] and **turn to God**, so that your sins may be wiped out, that times of refreshing may come from the Lord...

What do you think it means to turn to God?

What are some practical examples?

5. Read James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed. Do not repay anyone evil for evil.

Share the final 10 refers to sharing the 10 percent of stuff in our lives that we want to keep hidden.

What would be some benefits of really confessing everything, including the 'Final 10'?

Why is it important to have a Godly person to share with?

Optional: Share (or someone in the group share) a time when you finally confessed something and felt relieved over it and it lost its grip on your life?

6. Read 2 Corinthians 10: 4-5

For though we live in the world, we do not wage war as the world does. On the contrary, the weapons that we fight with are not the weapons of the world. They are not the things that are common to the things that we see around us. They have divine power to demolish strongholds.

Why do you think the Bible talks about waging war?

Who do we war against?

Why shouldn't we use the weapons the world uses.

7. Weapon: Irrational Obedience.

Read Romans 16: 16 - 17

Don't you know that when you offer yourselves to someone to obey him as slaves, you are slaves to the one whom you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads

to righteousness? But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted.

What are some irrational things we may have to do so we can break free from addictions?

How do you think our faith in Jesus can help us have irrational obedience?

8. Weapon: God's Word

Read Hebrews 4:12

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Why do you think God's Word is so powerful?

What are some ways we can be diligent in applying it in our lives?

9. Weapon: Prayer

Read James 5:16

Therefore confess your sins to each other and *pray for each other* so that you may be healed. The *prayer of a righteous man is powerful and effective.*

Have the group share some examples of how prayer has affected their lives.

// **Application** _____

Read and commit to memory Romans 6:12

Therefore do not let sin reign in your mortal body so that you obey its evil desires.

// **Prayer** _____

- **For those under addictions to realize and admit them.**
- **Wisdom and strength to break free from addictions.**
- **Godly Christian relations to be built up so we will be able to confess and encourage one another.**