

## **LifeGroup Discussion guide**

### **Feb. 7<sup>th</sup> sermon**

**Sermon Summary-** Eph. 5:3 tells us that even a hint of sexual immorality, impurity, or greed is improper for God's holy people. George challenged us to see that "it's time to wake up" to this truth. He gave us statistic after statistic about pornography and how it affects us. He touched on drunkenness. He didn't mention thousands of other addictions - and we all have at least one with which we wrestle. George also encouraged us to seek God's help and the help of our brothers and sisters in Christ in dealing with any sin (but specifically addictions). Did you get the wake up call??

#### **Scripture Reference:**

Ephesians 5:3

#### **Specific Discussion Questions**

- 1) Do you know anyone with an addiction? If yes, how did/does it affect their life?
- 2) Have you ever helped someone with an addiction or another type of sin? If yes, what was it like?
- 3) Do you believe God's Spirit will physically help someone to overcome an addiction? Why or why not?
- 4) Are you willing to confess your sin to God and then ask someone to help keep you accountable? Why or why not?

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## *LifeGroup Leader Notes*

### **Wake Up! Rise from the dead**

#### Sermon synopsis: **Sin will waste your life**

“Wake up! It’s time to get ready.” George’s sermon encouraged us to understand the influence of sin and God’s power in our life. We need to wake up and understand that sin causes death. We need to see what is happening to us in our life if we continue living in darkness. This is worse than oversleeping. This is walking in a life of disobedience that leads to death. Paul exhorts us to walk without a hint of immorality (Eph 5:3) because even a little bit is sin and leads to destruction. Before Jesus, we were in darkness (Eph 5:8). Followers of Christ live in light = love, goodness, truth, and righteousness (Eph 5:9). Although we all sin (I John 1:8), we must walk with the desire to correct or be righteous, else we remain as children of the dark. How hard is it to walk in a dark room without falling, stubbing your toe, or running into something? We need the power of the light of God to see and successfully navigate this life. We cannot do this on our own. God’s power is needed to overcome sin – addictions like pornography or alcohol. We all agree these addictions are not good, but do we agree that they are sin? Research indicates that pornography can easily lead to sexual aggression, unrealistic expectations, and/or crime. Addictions need only a little to start paving the pathway of desire in our minds. The facts are (1) we like to look at naked bodies – and we struggle with attraction versus lust, (2) we have all likely looked at naked bodies in our life, and (3) it becomes addicting – the chemicals in our bodies react to the stimulus and we get hooked on the feelings those chemicals create in us; soon we cannot seem to go through a day without them. We all have sin we wrestle with. What do we do? (See below). The light has come to us. Wake Up! Rise from the dead! This has to change! (I Peter 4:3-6)

#### Scripture reading:

Key Verse: Eph 5:3

Other verses: I John 3:11-18 (passing from death to life); Rev 3:2-3 (Keep what God has taught us); I Peter 4:3-6 (The time to change is here); I Corin 15:34 (Straighten up – stop sinning); I John 1:5-10 (A message from God)

#### What do we do?

1. Admit we are addicted and need to change (Eph 5:11, 13) – in sin we become slaves answering to the call and desire of the sin
2. Repent to God – accept His forgiveness and let the past be the past
3. Seek God – realize we need God’s Holy Spirit to guide and strengthen us through releasing this sin
4. Learn (Eph 5:26) – be washed with His word and get God’s thoughts inside us (Eph 5:10)
5. Find help – we cannot do this alone

#### More Discussion Options:

1. *Could I walk in the dark without realizing it?*
2. *Is my time being consumed by sin, addictions, or by things that honor and glorify Jesus?*
3. *Have I been trying to extinguish the consuming flame of sin without the power of God?*
4. *If darkness equals a lack of relationship with Christ – how dark is the room I live in?*
5. *Eph 5:5 encourages us to not let anyone deceive us with their empty words – do we deceive ourselves about sin (even a little bit) with our words to ourselves?*
6. *Eph 5:16 tells us to make the most of our time – based on today’s sermon, what can we change to make more of our time?*

#### Encouragement points:

- **It can be done** – *Scripture and the lives around us testify to the fact that God’s power in our lives can overcome any sin. We must be willing to reach out and receive that power and ask for help.*