

The Life I Now Live – A Six Week, Sermon Based, Small Group Series

We live in a confused world! At times, our world can seem upside down and out of control. We may not always know the right questions, but Jesus is always the right answer!

Even as followers of Jesus there can be a huge gap between what we say we believe about God and what we *actually think, say, and do* on a daily basis.

This study, *The Life I Now Live*, is about applying Biblical truth to our heart. These truths may lead to a change in behaviour, perhaps in some of the most difficult challenges of life.

Living for Jesus, all day, every day!

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me (Gal.2:20).

How this is going to work:

- Before small groups begin there will be a “foundational” sermon.
- After that, the weekly sermons (see below) will be introducing a specific topic.
- The topic will be studied in greater detail during the small group meeting that week.

Use this sheet throughout the series to jot down the main points or helpful things you heard during the sermon.

Introductory Sermon: Our Foundation – Gal. 2:20.

A relationship with the God who loves me and gave Himself for me.

Week One: Relationships – 2 Cor. 2:1–11.

What does it take to make a relationship work? Commitment, truth, love, and forgiveness.

Week Two: Anger – James 1:19–25

What is being produced in your life? The anger of man does not produce the righteousness of God.

Week Three: Addictions – James 1:12–18.

To walk in freedom from sinful impulses and habits we must find greater satisfaction in the Person and pleasures of Jesus Christ.

Week Four: Gender/Sexuality/Singleness/Marriage – Various Passages.

What is God’s design for your life? Our Distortion of His design and His renewing work of grace.

Week 5: Anxiety – Phil. 4:4–9.

Dwelling on God’s perspective, rather than our own.

Week 6: Finances – 1Tim. 6:6–19.

The dangers of idolizing money, and choosing to use your money for God’s purposes

Week 1 – Relationships

We have a lot of relationships in our lives – God, Family, friends, co-workers, community, etc. Think of someone you have a close relationship with. What is one thing you appreciate about them?

Read 2 Cor. 2:1–11 (from Sunday)

The key points were:

One practical application:

Mention some of the significant relationships that are recorded in Scripture. Pick one word that would characterize each relationship.

Read the following passages and reflect. What do they teach us about how relationships should function? What things can get in the way of a good relationship? What is involved in repairing a broken relationship?

1 John 1

Matt. 5:21–26

Eph. 4:17–32

Gal. 6:1-2

Find another “one another” verse in the Bible that you can share with the group.

Take time to pray for one another, specifically, about growing stronger in our relationships with God and others.

Recommended Resources:

- Relationships: A Mess Worth Making – Paul Tripp
- Making Sense of Forgiveness – Brad Hambrick
- Peacemaker – Ken Sande

Session 2 – Anger

Read James 1:19–25. (From Sunday’s Sermon)

Key points that were mentioned:

What is one thing that stood out to you:

Anger does not always show up as a loud outburst. What are some other ways that anger can present itself?

Read the following verses. Take note of what is being said about anger, and what practical advice or warning these verses give:

Prov. 12.16

Prov. 14.29

Prov. 15.1

Prov. 15.18

Prov. 16.32

Prov. 17.14

Prov. 20.3

Prov. 22.24–25

Prov. 29.11

Prov. 29.22

Where does anger come from? What battle is going on in the heart of someone struggling with unrighteous anger? What is the person wanting or desiring in that moment?

Interact with the following definition of anger:

A personal, reflexive, and emotional response to a perceived wrong. It is an experience of outrage when perceiving or meditating upon injustice. With God, this personal and emotional response is always righteous. With man, this response is rarely righteous and must be carefully weighed to verify its purity and place.¹

By way of summarizing what has been discussed, imagine that someone has come to you asking for help to deal with an anger problem. List a couple pieces of wise, biblical counsel that you could give to them.

Psalm 103:8 says, “The Lord is merciful and gracious, slow to anger and abounding in steadfast love.” How has God been merciful, gracious, and loving to you?

Recommended Resources:

- A Small Book About a Big Problem – Ed Welch
- Good and Angry – David Powlison
- Anger: Calming Your Heart (31 Day Devotional) – Hayley Satrom

¹ John Henderson, *Equipped to Counsel 2nd Ed.* (Association of Biblical Counselors, 2020) 294.

Session 3 – Addictions

What are some common addictions that people struggle with?

What effect do those behaviours have on our broader culture?

Reread James 1:12–18 (from Sunday)

The key points that were mentioned:

What is one thing stood out to you from Sunday’s sermon?

Read Romans 6

Using the broader context (chapters 5–8), how is our relationship described?

Without Christ:

In Christ:

Dig deeper into the following verses, using study tools if helpful, and make note of the truths that are being communicated:

- v.11, “So you must consider yourselves dead to sin and alive to God in Christ Jesus.”

- v. 12, “Let not sin therefore reign in your mortal body, to make you obey its passions.”

- v.13, “Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have brought from death to life, and your members to God as instruments for righteousness.”
- v.14, “For sin shall not have dominion over you, since you are not under law but under grace.”

Think of a story or metaphor to illustrate the truths that you are learning from these verses.

Interact with the following definition of Addictions used in the sermon on Sunday:

A kind of bondage of heart affections and body to some material thing producing immediate pleasure or relief with long term deterioration.²

What are some practical steps you can take to help you overcome addictive tendencies in your own life?

How can the following help: church family, accountability partners, family, friends?

Write out a prayer for mind and heart renewal that would lead to behaviour change for you or someone else.

Recommended Resources:

- Addictions: A Banquet in the Grave – Ed Welch
- The Heart of Addiction – Mark Shaw
- Addictive Habits: Changing for Good (31 Day Devotional) – David R. Dunham

² John Henderson, *Equipped to Counsel 2nd Ed.* (Association of Biblical Counselors, 2020) 257.

Session 4 – Gender/Sexuality/Singleness/Marriage

From Sunday's Sermon:

The Key Points were:

A practical application:

Mention some of the ways God has created men and women unique from each other (generally speaking). What happens when we as a culture try to ignore or remove those differences? How do we see this happening in our culture today regarding gender, sexuality, singleness, and marriage?

God has designed a way for everyone to live up to their full potential in Him. Yet for some, the temptation to stray from His design and follow a path of their own making is strong.

Read Proverbs 7:6–23. What can we learn about how temptation works? In what ways does it work differently in different people?

Read Romans 1:18–32. Describe the progression that of rejecting God and embracing a culture of sin and confusion.

Read 1 Cor.6:9–20. List some of the truths mentioned here. Give special attention to things that would help warn someone who is tempted to commit sexual immorality.

Read 2 Cor.5:14–21. What does it mean to live as a new creation in Christ?

Read 1 Thess.4:1–8. What has God called us to? How do we live that out?

Recommended Resources:

- What God Has to Say About Our Bodies – Sam Allberry
- Singleness: Living Faithfully (31 Day Devotional) – Jenilyn Sweet
- The Meaning of Marriage – Timothy and Kathy Keller

Session 5 – Anxiety

What things are people commonly anxious about?

What effect does anxiety have on our broader culture?

Interact with the following definition:

*Anxiety is a prolonged sensation of fear in response to a perceived threat*³

Read Phil 4:4–9 (Sunday’s passage)

Key points that were mentioned:

What is one thing that stood out to you?

Read Matt 6.25–34. Summarize in your own words.

v. 25:

v. 26:

v. 27:

vv. 28–30

v. 31:

v. 32:

v. 33:

v. 34:

³ John Henderson, *Equipped to Counsel 2nd Ed.* (Association of Biblical Counselors, 2020) 278.

What principles does Jesus teach about anxiety in these verses? Make note of how they can be applied in our own lives.

Compare the Matt. 6 and Phil.4 passages. Similarities? Differences? What is the focus of those who are rooted in anxiety? Of those who are rooted in Christ?

What are some practical steps to help you “put off” anxiety and “put on” a mindset that rests in the Lord?

How can church family, other family, friends, help?

Share a verse of Scripture that God has used in your life to overcome anxiety.

Recommended Resources:

- A Small Book for the Anxious Heart – Ed Welch
- Overcoming Fear, Worry, and Anxiety – Elyse Fitzpatrick
- Worry: Pursuing a Better Path to Peace – David Powlison

Session 6 – Finances

What is the first thing that comes to your mind when money is mentioned?

Read 1 Tim 6:6–19 (Sunday’s passage)

Key points that were mentioned:

Something that stood out to you:

Read 1 Chron. 29:1–14. Summarize, including context, and list some points that will help give us a proper perspective on money.

Read Proverbs 22:7. Explain.

Find another Proverb that helps us see the dangers of a life characterized by debt.

What is one piece of wise, financial advice that someone shared with you, that has made a difference in how you handle money?

Read 1 Cor.16:1–2 and 2 Cor.9:6–15. Why is giving such an important part of the Christian life?

Share an example of God’s provision in your own life.

Recommended Resources:

- Money: Seeking God’s Wisdom – Jim Newheiser
- Sex and Money – Paul Tripp
- When the Money Runs Out – James Petty