



# LIFE GROUPS 2019

NLC Life Group Study

Week of January 27, 2019

REAL CHANGE | A LIFE OF SURRENDER

# Life Group Schedule

**15 MIN** Eat, Meet & Greet

**15 MIN** Ice Breaker: **Connecting Stories**. This game is all about finding common experiences or themes between people. The goal of the game is to connect mini-stories in an interesting way. **Materials required:** Pens and Post-it Notes or notecards. **Instructions:** Divide into small groups of 6-8 people. Each person must share at least one item that connects to the other mini-stories. The longer the chain of items that can be created, the better. Write down a few words on a post-it note to keep track of each part of the story. The first player begins by sharing an interesting memory or experience that they have. For example, one player can say: "One time, I accidentally locked myself out of the house. So then I spent the entire day at a coffee shop." Any other person can tell a related story that has any similar themes or elements to the previous story. For example, the next person can say, "I am a total coffee addict. Every day I drink 3 cups of coffee, and it sometimes prevents me from being able to sleep at night." The next player, based upon the previous story shared, can say something related, such as: "I don't sleep much at night because I play lots of computer games until early morning." Any person can then add to the story, by saying something like, "I also love computer games." To help the group remember each part of the story, write a few words on a post-it note for each part of the story chain. The more interesting or funny the story, the better. The group with the longest connected chain of stories wins. This activity is a fun way to get people to share stories, while helping them learn similarities or common interests.

**TRANSITION:** As you're gathering, spend a few minutes in worship & prayer.

## OPENING PRAYER

### 45-60 MIN | REAL CHANGE | A LIFE OF SURRENDER

#### THE HEART OF THIS SERIES: GALATIANS 5:1

- Freedom from religion, from man's way of trying to earn favor and forgiveness from God.

#### READ JOHN 10:10

- We tend to try to fix things on our own, but when it comes to the fallen nature of man, there is nothing we can do to cover our sin, shame and guilt.
- So, because of that we tend to go back into our old ways. That's why he said we don't have to be burdened; the Greek word here means "to be caught or entangled in AGAIN."

**Q1.** Have any of you ever fallen back to an old way of life, an old way of thinking or feeling? Explain.

**Q2.** Is there anything you tend to struggle with today, an area where you consistently just keep falling back into an old habit, emotion, pride, addiction?

- *To be free and stay free, we must fully surrender to the grace of God.*

#### LIVING A LIFE OF SURRENDER

- It is not in our nature to surrender. We all have a fighting instinct, but it is the act of surrendering that starts true freedom in your life.

**READ MATTHEW 11:28-30, GALATIANS 2:20**

- Supernatural—not superficial—change begins with a death.

**READ LUKE 8:24 NIV**

- We want changed situations. God wants to change us.

**READ 1 THESSALONIANS 5:23 ESV**

- *God doesn't require something from us that He hasn't already given us the grace to accomplish through His Spirit.*

- The phrase, “sanctify you completely” is not just for *some* areas of your life. We have to take more than one dip into the grace of God for REAL CHANGE to take place.

**READ 1 CORINTHIANS 15:31; 1 THESSALONIANS 5:23 ESV**

#### WHAT SURRENDERING LOOKS LIKE:

##### 1. SURRENDER STARTS WITH SALVATION.

- *Our spirit must be saved.* We CANNOT skip this step. This and this alone is the first step of surrender. Jesus Himself said you must be BORN AGAIN. God's ultimate solution of redemption started with the ultimate sacrifice. It all begins with JESUS. We have to surrender to God's plan for salvation.

**READ JOHN 16:4; REFER TO 1 THESS.S 5:23; READ GAL 2:16-19**

##### 2. SURRENDER TO THE PROCESS OF SANCTIFICATION.

- *Our soul must be restored.* Our soul is our MIND, our WILL and our EMOTIONS; “Sanctify” means to make holy or to set apart for an intended purpose.

**READ 3 JOHN 1:2 NIV; LUKE 4:18-19, REFER TO 1 THESS. 5:23; EPH. 2:10**

- This is Jesus talking about WHY he was sent. The words “oppressed, bruised, and crushed” refer to hurt, pain, suffering, difficult times.
- Sanctification is the act of God restoring, healing and rescuing our soul! It is simply the daily process of surrendering to God's GRACE and letting HIS SPIRIT uproot the things that are in our SOUL that are not in Him.

- When the Lord says He wants our soul to be sanctified to Him:
  - › He wants to ‘reset’ your mind—how you think and reason.
  - › He wants to ‘reset’ your will—how you make choices.
  - › He wants to ‘reset’ your emotions—what you believe, feel and even remember.
  - › Reset them back to the way he originally designed: a **healthy MIND** and **EMOTIONS**, and a **surrendered WILL**.

**Q3. THOUGHTS:** Are your thoughts driven by fear? Negativity? Worry? Anger?

**Q4. EMOTIONS:** Are you all over the place? Unstable? Depressed? Frustrated? Angry? Jealous?

**Q5. WILL:** Do you feel like you make the wrong choices all the time? Do you think you have all the answers? Do you think you can’t do the right thing? Do you feel you can’t defeat sin?

- › You’re in good company!

**READ ROMANS 7:18-20**

**PRACTICAL TIPS TO HELP YOU WITH SANCTIFICATION. DO THIS EVERY DAY!**

- **Keep your mind, will and emotions in check with the Word (the Truth)**
  - › PEACE CHECK: **READ PHILIPPIANS 4:6-7**
  - › FEAR CHECK: **READ 2 TIMOTHY 1:7**
  - › FRUIT CHECK: **READ GALATIANS 5:22-23**

**3. SURRENDER TO ACCOUNTABILITY.**

**READ 1 THESSALONIANS 5:23**

- The final step of surrender in I Thessalonians 5:23 is our body.
  - › No matter how saved our spirit is or how sanctified our soul, until we reach heaven, our bodies must stay submitted to God and accountable to one another.
  - › Our body is the vehicle that carries around our soul and spirit. Taste, sight, smell, touch and sound can be triggers for temptation. So, it’s best to drive that vehicle to the right places:
    - › *a quiet place—to pray*
    - › *the Bible—to read and to study*
    - › *to church—to celebrate and worship*
    - › *to meetings with mentors*
    - › *to my home—to value my family*

- Then my body has to listen, see, and feel what I am learning. If my body does not do this, how would any of it get to my soul?
- To submit our bodies to God we have to have accountability and community, to keep from falling back.

**Q6.** Are you accountable with someone in every area of your life?:

- **Taste** – what you eat and drink?
  - › What do you have an appetite for in your life? What have you developed a taste for over the years?
- **Sight** – what are you looking at?
- **Smell** – if you're married...this might be really important.
- **Touch** – who are you spending time with, and how are you spending time with them?
  - › Touch isn't just physical. Who are you affecting with your life: how you love, show kindness etc.
- **Sound** – what are you listening to? Even your own emotions and self-talk?
- Are you accountable about where your spirit and soul's vehicle takes you?
  - › Away from places that tempt you (flee temptation)
  - › Toward the things of God (church/community/family)

**READ ECCLESIASTES 4:12**

- ***Accountability doesn't mean a lot of people are around you; it means one person is real with you!***
- Real Change means being fully immersed.
  - › Is your spirit saved?
  - › Are you open to your soul (your mind, will and emotions) being sanctified by the hand of God?
  - › Will you submit your body and senses to Heaven through accountability here on earth?

**PRAY OVER NEEDS, ANNOUNCEMENTS**