



LIFE GROUPS 2019

NLC Life Group Study

Week of January 13, 2019
REAL CHANGE | Saved and Free

Life Group Schedule

15 MIN Eat, Meet & Greet

15 MIN Ice Breaker: **Two Truths and a Lie**. Life Group members take turns saying three things about themselves. Two of the things are true, one is not. The rest of the group must decide which of the statements is the lie. If you want to make this a competitive game, each participant gets a point for guessing the lie. The person with the most correct guesses at the end wins.

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

OPENING PRAYER

45-60 MIN | REAL CHANGE | SAVED AND ALSO FREE

REVIEW GALATIANS 5:1 AND EXODUS 13:6

- The Israelites were out of Egypt, but Egypt was not out of them.

HOW DO WE NOT RETURN AGAIN TO THE YOKE OF SLAVERY TO SIN?

- **HOLD ONTO THE FATHER WHO LOVES YOU.**

REVIEW 1 JOHN 3:1, PSALM 86:5, AND ROMANS 8:37-39

- The Father wants you set free.

REVIEW GALATIANS 4:5-7

- The prodigal son. He started out saying "give me" so he could leave. He thought greater love was somewhere out there, but when he returned he said...."make me," which essentially implies, "I will do anything to be around you."

- **KNOW THE WORD TO STAND ON**

- Logos and Rhema: "Logos" means written; "rhema" means to know. Nothing powerful about the written word until it becomes Rhema, until it becomes known.

REVIEW JOHN 8:32 AND 2 CORINTHIANS 10:4

- **THE LORD WANTS US SAVED BUT WITH REAL CHANGE**

REVIEW EXODUS 16:3

- The Israelites left Egypt but Egypt was still in them. They were out of physical bondage, but bondage was still in their hearts.

REVIEW JOHN 6:25 AND GALATIANS 5:1

- Q1.** Have you ever tried to stop doing something but you couldn't?

REVIEW THE DEMONIC STORY IN MARK 5:1-20

- Observations: You aren't this messed up! Jesus isn't impressed with Satan.

No one can stop you from worshipping God but you.

- › **Worship** is the key to being truly set free, whether it's a hurt, an addiction, bitterness, pornography, or continued sin. When you worship, you put God in charge. When you worship, you put Jesus in charge of the very thing you want to be set free from.

HOW DO WE GET FREE?

1. ADMIT YOUR STRONGHOLD

- “You will never be free until you admit that you are not free”

REVIEW JAMES 4:6-8

2. RENOUNCE THE ENEMY

- Repenting is directed towards God. Renouncing is directed towards Satan. When we renounce we cancel any agreements we have made with the Enemy.

REVIEW MATTHEW 18:18 (NIV)

3. DECLARE THE TRUTH OVER YOUR LIFE

REVIEW JOHN 16:33 AND DEUTERONOMY 1:6

Q2. Ask the Holy Spirit to show you what's been holding you back—a negative or controlling thought pattern, pervasive fear or anxiety, self-hatred, insecurity, fear, verbal abuse, physical abuse, spiritual abuse, sexual abuse, jealousy, eating disorders, addiction.

- **PRAYER:** (Feel free to lead your group in quiet prayer. You may use the following Prayer Model, if you would like to):
 - › **Confess & Repent:** Father, I **confess** that (fill in the blank). I ask You to forgive me for giving ground to that, and I **turn from** it in Jesus' name.
 - › **Forgive & Release:** I choose to **forgive** (name) for (reason), and I **release** them right now to You.
 - › **Renounce & Rebuke:** I **renounce** the lie that (fill in the blank). Father, I receive the truth that (fill in the blank).
 - › Through the power of Christ who lives inside of me, I **take authority** over (name stronghold), and I renounce and cancel all agreement with it, in Jesus' name. I take back all ground I've ever given this stronghold—in my thoughts, my choices, my feelings, and every part of my physical body—and I give that ground to my Lord Jesus to be cleansed, purified, and made holy. I command (fill in the blank) to leave me now, in Jesus' name.
 - › **Bless & Fill:** Father, because of Jesus's sacrifice on the Cross for me, and through the power of the Holy Spirit, I **invite You to bless** me, heal me, cleanse me, purify me, make me whole, and fill me with your Spirit, in Jesus' Name. Amen!

PRAY OVER NEEDS, ANNOUNCEMENTS