



# detox

## Who, Not What

#npdetox

Week 2  
2 of 5

November 11, 2018

**Bottom Line:** Change is possible.

**Icebreaker:** Send one person out of the room with the assignment to make at least 3 physical changes to their appearance in 30 seconds (changing arm for their watch, removing a necklace or glasses, unbuttoning a button). Bring them back and have everyone write down what is different. Ask how it felt to make the changes and be scrutinized. Or, ask the group to share what's the biggest physical change they have made on purpose.

**Key Verse:** *For as in Adam all die, so in Christ all will be made alive.* 1 Corinthians 15:22

God's Word and experience confirm that people stay addicted to their pain, anger, struggle, sin, and anxiety because they have lost control. They are dependent and enslaved to their own way of coping and thinking. The Bible calls this having strongholds: places where Satan remains our master even though we have confessed our sins and received Christ as Savior. From the beginning, Satan has brought death to everything he controls. Since Adam sinned, we have all come down loaded with sin that entrenches itself deeply in us and refuses to go without a fight. The battleground is our mind.

After turning from our sins to Christ, it doesn't take long for us to realize that an inner war has been declared and that our minds are where the heaviest skirmishes take place. If I am ever to see victory and get free from my enslavement, it will have to be won in the battlefield of my thinking. I have to begin to realize and act upon the fact that because Christ has already broken the power of sin, I can engage my mind to work with Him and get the victory He has made available.

More people are having trouble with their minds than are having trouble with their finances or marriages put together. It all starts in the mind. That is why we toss and turn at night and can't sleep. We wake up as tired as we were when we went to sleep. We are trying to beat our addictions and enslavement without fighting where he fights—in our minds. But if we can win the battle in our minds, we can win the battle for our marriages, our checkbooks, our children, and everything else that enslaves. In Christ, we can come alive!

### THINK IT OVER >>>

What impacted you most from the message?

"The reason I do what I don't want to do is because sin lives in me and is my master." That's a hard sentence for most of us to say. Why is it so hard? Do you agree? What things do we try first to handle our addictions?

"There is no WHAT that can rescue you; it is a WHO." Romans 7:24-25. Discuss.

"Jesus' death and resurrection paid the penalty for sin and broke the power of sin—Satan's desire is to control and conquer your thought life." As a follower of Jesus Christ, how have you experienced this struggle?

"When a believer has the mind of Christ, it doesn't mean that the war is over, but I have a new capacity to use my mind and think correctly." Discuss.

### LOOK IT OVER <<<

"God **communicates** to us through our minds not our emotions. Our emotions are the shallow part of our beings." Discuss. What is good or challenging about our emotions? How do you recognize when God is communicating to you through your mind?

"God **changes** us by changing our minds." You can change the way you live by changing the way you think." How has God changed your mind so far?

"God **controls** us through our minds. This is not just thinking better thoughts." What does it mean for the Spirit of God to control my mind?

"It is not so true that 'prayer changes things' as that prayer changes me and I change things. God has so constituted things that prayer on the basis of redemption alters the way a man looks at things. Prayer is not a question of altering things externally, but of working wonders in a man's mind." — Oswald Chambers

Discuss. Read more: [christianquotes](http://christianquotes.com)

# NEXT STEPS

This week consider taking some next steps together as a group:

- 1) Pray every day: God, help me see and defeat every lie I believe, and see and act upon every truth You show me.
- 2) Start the day with this prayer, and shoot “arrow prayers” quickly as you are tempted throughout the day.
- 3) Pray every night: God, guard my mind with your truth, and help me think the thoughts that lead me in the right direction as I sleep. I cast all my cares on You.

## EVALUATION/ACTION

Realizing and reaching your full potential in Christ

**Bottom Line:** Change is possible.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

## PRAYER

List group members and their prayer requests for this week:

## DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at [newpointe.org/daily](http://newpointe.org/daily):

Monday: 2 Corinthians 4:4

Tuesday: Ephesians 4:13-14

Wednesday: Ephesians 6:17, Philippians 4:8

Thursday: Romans 12:2

Friday: James 4:7, Isaiah 26:3

***Don't let the conversation stop here. Keep talking it over with others throughout the week.***

*(Don't forget to bring this paper to your next small group meeting)*