



# DETOX

## Road to Recovery

#npdetox

Week 4

4 of 5

November 25, 2018

**Bottom Line:** The chains of addiction can be broken.

**Icebreaker:** Each person share their answer to this question: What was the most challenging decision you had to make in 2018 so far?

**Key Verse:** *A doubleminded mind is unstable in all his ways.* James 1:8

Do you ever go to a restaurant when you are really hungry, but you don't know what you want? You don't want to waste this opportunity on something you won't really enjoy. You waver back and forth between two selections. Everyone else has ordered, and you still don't know, but you finally make your decision. After the server has gone and placed your order, you kinda wish you would have chosen the other entrée. 😊 Yes, that's doublemindedness. We have all experienced it in one way or another. Doublemindedness completely destroys satisfaction, stability, and enjoyment. When it creeps into areas bigger than a meal choice selection, the results are disastrous.

Vacillation between two ways of thinking and living affects even my relationships with people and with God. My two ways of thinking cause me to argue with myself. It is really my new nature arguing with my old sinful nature, my flesh. But I am not helpless. The side I identify with will always win. I get to be the decision-maker in my own life. I am not helpless. The power of sin has been broken for me, but I have to choose to think in line with who I am in Christ. When I do, sin is no longer my master.

When the argument begins in my spirit between the old and new, I need to immediately cast the deciding vote. The result is much more important than what meal I will choose. In fact, my choice in this arena needs to be pre-decided. I am done with death and am all about life. As soon as I realize what is being presented by my flesh or my Enemy, I will not waver between two options and become unstable. I will immediately choose to move away from the choices that lead to dissatisfaction and death, no matter how attractive they look. I will steadily and consistently move toward life. Sin will not be my master. I choose life and health in Christ.

### THINK IT OVER >>>

What impacted you most from the message?

"We get to choose whether or not we let sin rule and reign over us. Doublemindedness is what keeps us from living out what is true about us in Christ." Discuss.

How would you describe doublemindedness?

How does doublemindedness create instability?

"As long as you continue to vacillate between thinking like Adam and thinking like Christ, your spiritual growth will be stunted, your maturity in Christ will be blocked, and your daily experience as a Christian will be marked by disillusionment, discouragement, and defeat." How have you experienced this?

"When you were born again, God gave you a new nature and you became a new person, but nobody pressed the CLEAR button in your brain." What does this mean?

### LOOK IT OVER <<<

How would you define "the flesh"? Who is the Enemy?

How does "the flesh" suggest ways for you to live independently of Christ? Your flesh is the source of many of your sinful thoughts.

The other source of opposition in your life is Satan and his demons. "You may feel like a helpless victim, but you are anything but helpless." The only way to access your power is to cease being in conflict with yourself.

The way to victory is to 1) Identify the stronghold; 2) Repent; 3) Replace the lie with truth; 4) Reconcile my view of God with reality; 5) Restate my identity in Christ; 5) Renew my mind.

How are you practically taking these steps?

"Your life is always moving in the direction of your strongest thoughts." So what do you need to do?

## NEXT STEPS

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

- 1) Print out Neil Anderson's Freedom in Christ list of "[Who I Am in Christ](#)." Read it daily.
- 2) Repeat every morning when you awaken: "Sin will not be my master, and it will not rule my life."

## EVALUATION/ACTION

Realizing and reaching your full potential in Christ

**Bottom Line:** The chains of addiction can be broken.

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 10:4-5

Tuesday: Proverbs 28:13

Wednesday: Psalm 139:23

Thursday: Psalm 100:5; Colossians 2:10

Friday: Romans 12:2

***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)*