



DETOX

Staying Clean

#npdetox

Week 3
3 of 5

November 18, 2018

Bottom Line: Changing your thinking will change your life.

Icebreaker: Go around the group and have each member share one word that describes the culture of their family or company. One word; no explanation. Then go around the group again, sharing one word that would improve their family or business if it also accurately described their culture.

Key Verse: *Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.* Colossians 3:1-3 NIV

We have been talking about how we need detoxed from the addictions and repetitive sin that so easily entraps us. We learned that we can live free from the power because of what Christ has done for us. Yet good people, saved people, often continue to do bad things, things that are not consistent with their standing in Christ. But by our own choice, we can live above the power of sin. Christ has broken the power of sin over us through His death and resurrection. Now we need to choose to live it out. It IS a choice.

You can't get a response from a dead person no matter what you do. You and I have died to sin. We are to remind ourselves that we are dead to our past and the sinful impulses that once controlled and ruined our lives. We choose that by setting our minds on new things. We have to act on it continually, living as though the old us is dead—it is! We are now alive and able to act on the new impulses God brings into our lives.

When your old sinful impulses rise up, you rise up against them. You remind them courageously, "You are NOT my master anymore!" Whenever a fight is going on between God's way and your way, it is ALWAYS your privilege and responsibility to identify with God and what He said. It is your choice to fix your mind on God's way of thinking. Quit identifying with who you used to be. Change the way you think. Decide that you are new and are living new.

You get to think new and then live new! It is your privilege in Christ.

THINK IT OVER >>>

What impacted you most from the message?

What's the difference between sin and Sin?

What's your answer to the statement, "I believe all people are basically good."

What was your identity before Christ? What is your identity now?

The word "zoontas" in the Greek is the word that describes the new life we have in Christ: abundant, overflowing, profuse, living life to the fullest. Have you experienced that? If so, what is it like? How does it help you say "NO" to Sin?

Sin is predictable. It never gives up. It always attempts to rise up. Now that you are IN CHRIST, you have the power to win because Sin is no longer your master. How quickly you say NO is important. What's the danger of thinking too long?

LOOK IT OVER >>>

Paul says that setting our minds on things above and winning over sin involves these three actions:

- Declare sin is not your master.
- Decide sin will not rule over you.
- Devote your body to God.

Which of those actions are hardest for you? How can you overcome?

"When Sin wins, you let it. When you give in to Sin, you choose to. You have to quit arguing from who you used to be, and make new choices through your new identity." Discuss.

"Why would someone free from Sin choose to sin?" Discuss.

"Which side of the struggle you identify with has everything to do with the outcome." Discuss.

"This is more than behavior modification. It is living out a new identify." Discuss.

NEXT STEPS

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

- 1) Join a support group to either help or be helped.
- 2) Read the book *The Battlefield of the Mind* by Joyce Meyer

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: Changing your thinking will change your life.

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:

Monday: Romans 6: 9-10
Tuesday: Romans 6:11-14
Wednesday: Romans 6:17-18
Thursday: Romans 6:21-23
Friday: Ephesians 2:1-10

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)