



detox You're Not Alone

#npdetox

Week 1
1 of 5

November 4, 2018

Bottom Line: You are not alone.

Icebreaker: What's the scariest thing you have ever done for fun? What's in the trunk of your car right now?

Key Verse: *For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled.* 2 Corinthians 10:3-6

The dictionary defines stronghold as a place that is fortified so as to protect it, like a fortress, citadel, or garrison. It means places like those that lined the beaches of Normandy, pockets of entrenched Axis weaponry, and soldiers who had to be defeated if there was to be freedom in Europe.

All of us have those pockets in our lives; those strongholds where our Enemy operates, undermining God's good purposes for our lives, which then results in unhealthy and destructive habits and thoughts. Just as it took a consistent, persistent battle to overthrow and overcome the entrenched enemy in Europe, these strongholds will not be overcome by a casual prayer. No matter what details may describe a particular stronghold, they all have these shared characteristics: 1) They are stubborn; they seem impossible to break. 2) They are irrational. They don't make sense. You KNOW better than this. 3) Strongholds are humanly uncontrollable. 4) They are counter-productive. What we use to cope with or cure our problems produces more angst and struggle.

But we are not alone. Jesus came with the purpose and the power to engage us in the battle and win it. We were born in the likeness of sinful Adam, but Jesus Christ came alongside us, to walk with us and give us the power to capture these thoughts and habits and make them obedient to Jesus Christ. Willpower alone can never do it. The question is not, "Can I win?" The question is, "Am I willing to cooperate with Jesus in full focus and commitment to win?" Freedom is ahead.

THINK IT OVER >>>

What impacted you most from the message?

What are some of the ways that strongholds express themselves?

How do you know if something has become an addiction; a stronghold?

What are some of the ways people typically try to deal with strongholds? What have you tried? What has been the result?

"Your life is always moving in the direction of your strongest thoughts." Discuss.

Dwight said these strongholds can be defeated. "All that is required is honesty, open-mindedness, and a willingness to see Him." Which of those generally is the greatest obstacle to you in finding freedom?

LOOK IT OVER <<<

How would you describe what it means to "take captive every disobedient thought"? How can a person actually do that?

Paul says we don't war according to the flesh as believers. The flesh is our human solutions. What are ways you used to fight that you have given up now that you are a believer? What ones still linger?

Paul mentions casting down arguments. What do arguments have to do with strongholds and freedom? Who is engaged in the arguments?

What "high things" do you see that exalt themselves or place themselves above the knowledge and power of God that actually can entrench strongholds?

How can this be a community fight as well as individual?

NEXT STEPS

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

- 1) Take time this week to identify a stronghold. Talk to God about it, and own it to someone else.
- 2) Investigate a Freedom in Christ resource.

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: You are not alone.

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 7:15-16

Tuesday: Romans 5:12, 16

Wednesday: 1 Corinthians 15:22

Thursday: 1 Corinthians 10:13

Friday: Psalm 9:9, Psalm 27:1

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)