

Group Questions- *Working Faith: Week 4*

07/09/23 – Pastor Kirby

Getting to Know Me Questions:

- Where would you say your “hometown” is? If you were giving me a tour of your hometown, where’s the first place you would show me?
- What is something that you are learning right now?

Into the Bible Questions:

- What’s something from this week’s teaching that you learned, that stood out, interesting etc?
- **Read:** James 1:13-16
- **9 Counter Moves**
 1. Know My Default Coping Strategy
 2. Know My Emotional Triggers (What makes me vulnerable)
 3. Learn My Patterns
 - When am I most tempted?
 - Where am I most tempted?
 - Who is with me when I’m most tempted?
 - What temporary benefit do I get if I give in?
 - How do I feel right before I’m tempted?

Question: How can knowing what makes me stumble--what my coping strategies are, my emotional triggers, my default patterns--help me to clear those roadblocks out of my path so that they become less of a problem over time?

4. Plan to Avoid Those Situations!
5. Go to God
6. Refocus My Attention on Something Else

Question: Since we can’t always control what our minds are exposed to, how can we overcome a negative or painful image, memory, or message?

7. Have a support team
 8. Know my person
 9. Remember God is on My Side?
- **Read:** 1 Corinthians 10:13 – What about this passage is particularly difficult or hard to practice/believe? How do I live as if nobody understands what I go through?
 - Out of the 9 moves, which one do you find comes naturally? Which one is the most challenging?

Application Questions:

- What did you hear? What point in this message was most impactful for you?
- What do you think? How did this message challenge, change, or affirm your thinking?
- What will you do? How will you or your group put into practice what you’ve learned today?

A Working Faith

Week 4

4/9/23

James 1:13-16

¹³When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; ¹⁴but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

¹⁶Don't be deceived, my dear brothers and sisters.

How to counterbalance our distractions

1. I need a coping strategy.

Hebrews 12:1-3

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ²fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

2. I need to know my emotional triggers

Our actions are caused by our emotions – Our emotions are caused by our thoughts

Proverbs 4:23

²³ Above all else, guard your heart,
for everything you do flows from it.

Our question: When are you most tempted

- Physically Exhausted
- Discouraged & Pessimistic
- Bored
- Spiritually Dry
- Lonely or Disconnected
- Insecure
- Wounded or hurt
- Resentful
- Sad or grieving a loss

3. I need to learn my patterns

Proverbs 14:8

⁸ The wisdom of the prudent is to give thought to their ways,
but the folly of fools is deception.

Plan to avoid those situations

Questions to ask ourselves about our patterns

- When am I most tempted?
- Where am I most tempted?
- Who is with me when I am tempted most?
- What are the temporary benefits of that temptation?
- How do I feel right before I'm tempted?

4. Plan to avoid those situations

Proverbs 4:26

²⁶ Give careful thought to the paths for your feet
and be steadfast in all your ways.

5. Go to God!

Psalms 50:15

...call on me in the day of trouble;
I will deliver you, and you will honor me.”

Hebrews 4:15-16

¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Marriage/Faith tip: 'work on our marriage during non-conflict times.'

6. Refocus my attention on something else

“What you resist, persists.”

Romans 12:21

²¹ Do not be overcome by evil, but overcome evil with good.

James 1:14-15

¹⁴ but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

“The more you fight a feeling, the more it controls you.”

2 Corinthians 10:5

“...we take captive every thought to make it obedient to Christ.”

“You can't stop a bird from flying over your head, but you can stop him from making a nest in your hair.” –
Martin Luther (attributed)

7. Have a support system

Hebrews 10:25

²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another...

8. Have your person

Ecclesiastes 4:9-10

⁹ Two are better than one,
because they have a good return for their labor:

¹⁰ If either of them falls down,
one can help the other up.

But pity anyone who falls
and has no one to help them up.

“Revealing your feeling is the beginning of healing.”

Galatians 6:2

² Carry each other's burdens, and in this way you will fulfill the law of Christ.

9. Remember that God is on my side.

1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind.

1 Corinthians 10:13

And God is faithful; he will not let you be tempted beyond what you can bear.

1 Corinthians 10:13

But when you are tempted, he will also provide a way out so that you can endure it.

James 1:12

¹² Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.