

# Small Group Leader Guide

## RESTART

ESCAPING ANXIETY AND FEAR



Dr. Steve Smith

# RESTART

Small Group Leader Guide

*Dr. Steve Smith*

## TABLE OF CONTENTS

Welcome To The Small Group Experience .....	1
For The Small Group Leader: .....	2
Session 1: The Power To Change Is Yours .....	3
Session 2: Why We Struggle In Our Mess .....	6
Session 3: Identity In Christ .....	9
Session 4: Identifying Your Stuff .....	13
Session 5: Hurt Of the Heart.....	16
Session 6: Sin In Me .....	19
Session 7: Intimacy Through Rest.....	23
Session 8: Intimacy Through Appropriation .....	26
Session 9: Intimacy Through Meditation On God’s Love.....	29
Session 10: Continuing With Your Faith Journey .....	32

## WELCOME TO THE SMALL GROUP EXPERIENCE

THIS EXPERIENCE CONTAINS 10 weekly sessions. To be a participant, you must already be a Christian and part of a church family. Without the presence of the Spirit in your life, you will not be able to understand the deep truths of the Sessions.

For this experience to be most effective for you, you should be part of a group of 8 or less that only has guys or girls in it. Many of the Sessions ask for personal information that would be difficult to share in front of those of the opposite sex.

The following Sessions are full of the questions that you will need to answer. They will help you to be prepared to address the unfinished business you have that God reveals to you during this study. Make sure to write out answers to the questions so you will be ready to share your thoughts with the others in your group. Bring a Bible so you can look up the Scriptures during your time together. Then you can see for yourself that what God has said has authority and meaning for your life.

*It is important for you do the homework.* You will not grow through these sessions if you don't do it. Each homework assignment is to prepare you for the next session. Not being prepared says you may not be ready to be healed and set free yet.

I hope you will hear God speaking to you during this experience. He loves you unconditionally and has already determined He is going to make you like Jesus. Listen to Him carefully.

*Peace! Dr. Steve*

## FOR THE SMALL GROUP LEADER:

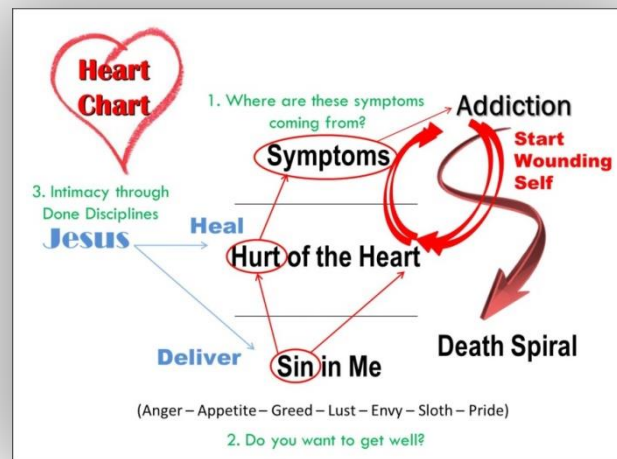
IN PREPARATION FOR USING the Study Guide, you and all of the group participants should first read *Restart: Escaping Anxiety and Fear* all the way through. I strongly recommend that you do your group sessions with guys and girls separate due to the sensitivity of the questions. This Leader Guide contains all of the material in the *Restart Study Guide* interspersed with material just for you as the leader. All of the notes for you are highlighted in **bold** print.

PLEASE READ THROUGH THE DEADLY SIN INVENTORY BEFORE GIVING IT TO YOUR STUDENTS. I ENCOURAGE YOU TO GET PERMISSION FROM PARENTS OF TEENS BEFORE USING IT. SOME OF THE QUESTIONS MAY NOT BE APPROPRIATE FOR THE AGE GROUP YOU HAVE, DEPENDING UPON THEIR LIFE EXPERIENCE.

- In Session 9, you will be doing an exercise which will require 4 envelopes and a slip of paper for each participant.

## SESSION 1: THE POWER TO CHANGE IS YOURS

1. The Heart Chart is about everyone's journey in life. It shows the inner turmoil people experience by living in a broken world. Every person you meet is wounded and every person has chosen sin to comfort themselves. But wherever you are on the Heart Chart, God is with you.



- What do you see has been produced from being wounded and choosing *sin in me* to comfort your pain?

If you are unfamiliar with the Heart Chart and what it reveals about what is going on inside of people, go to [www.churchequippers.com/tools/heart-chart](http://www.churchequippers.com/tools/heart-chart) and watch the video. The students may not realize that their bad behaviors, destructive attitudes, and especially their anxieties and fears are the symptoms produced from the combination of the *hurt of their heart* and the *sin in me* choices they made to comfort themselves.

- How has it affected your life?

**Let them decide if they will answer this. Many are still not feeling safe yet. If they are reticent about talking about their lives, redirect the question to what kind of problems they see in their peers.**

2. John 10:10 tells us that “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”
  - Who is the thief who is stealing and destroying your life?

**Satan is their enemy.**

- Do you know what he uses to destroy you?

**He lies to them about life and fills their minds with untruths about God, His love and their value to God.**

- What is he taking from you?

**He is robbing them of life and trapping them for an unproductive future.**

- What would it mean for you to have the full life that Jesus came to give you instead?

**Full life is not about going to heaven someday. It is about being restored to the life God intended people to live had Adam and Eve not eaten of the Tree of the Knowledge of Good and Evil. This means that right here and now we will be made fully human again in our ability to love, hope, and know God intimately, as well as change how we interact with others. Let them explore this.**

- Go back to the Heart Chart and look at what Jesus does when he gives you this life. How would his healing and delivering change your life?

**This is about trust, which comes up in later sessions. Trust that Jesus will heal and deliver. Trust that the pain each is living with will stop hurting, stop influencing their life choices, and trust that the sin that is controlling them will lose its power over their lives.**

3. In Romans 8:29, Paul explains how God actively is at work changing us. He says, “God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son. The Son stands first in the line of humanity he restored. We see the original and intended shape of our lives there in him.” (Message)
  - What makes Jesus different?

## RESTART LEADER GUIDE

Jesus is different because he is fully human in the way Adam and Eve were before the Fall. He is not drawn to sin, nor is he bound by damaging decisions from his past. The good news of the gospel is that God has already decided to restore us to look like Jesus. This is why the four Gospels are important to read, because there we can see in Jesus' life and teaching what we will become.

- There is a difference between trying to reform your life to *live* like Jesus and being transformed by God to *be* like Jesus.

**REFORM** = God's truth lived out in my strength

**TRANSFORM** = God's truth lived out by the empowering presence of the Spirit.

Many churches do not see there is a distinction between these two. Reforming puts the responsibility on the believer to reform his or her life so they act like Jesus. Transforming is something that is done *to* the believer when he or she surrenders to the Spirit's work. Reforming causes people to feel hopeless that they will ever measure up to what God expects of them. Transforming encourages people, even when they fail, that God, through Jesus, by the work of the Spirit, will complete His work in them—above and beyond what they imagine.

4. How would you be different when God changes you to be like Jesus?

Let them discuss this. Encourage them to find illustrations from the life of Jesus found in the Gospels.

5. Do you have a hard time believing God wants to change you? If so, why? If not, what will be your next step in allowing Jesus to heal and free you?

This is again focused on the trust issue. Do they feel too damaged, too wicked, or too ashamed to trust that God loves them and will not let them go? Next steps include continuing on in this study group, but let them suggest steps they want to take. Caution them not to believe God wants them to earn His favor by their actions.

## SESSION 1 HOMEWORK ASSIGNMENT

In the next session, you will be studying the way you got into your mess. To prepare for this Session, please make a private list of everyone you have a broken or strained relationship with, including God. Ask God why each relationship was strained or broken.



Behind this assignment is the reality that broken relationships offer you a glimpse of where the *hurt of their heart* came from and/or what their damaged behavior is doing in their world.

### SESSION 2: WHY WE STRUGGLE IN OUR MESS

1. What does your list of broken or strained relationships tell you about where you are?

**Guide them to thinking about how their broken relationships offer them insight about where the *hurt of their heart* came from and/or what their damaged behavior is doing in their world. They will revisit this issue more in depth when they do the Hurt of the Heart Inventory as Homework after Session 4.**

2. Read the Garden story of Genesis 3:1-19. In what ways are your strained/broken relationships related to the Garden story?

**Eating of the Tree of the Knowledge of Good & Evil has given each of us the knowledge of good and evil, but no one agrees with anyone else's definition of what good and evil is. As we make decisions for life based on our own interpretation, we end up hurting and getting hurt by others, not understanding why the other person is doing what he or she is doing, and resenting, even hating, them as a result.**

- What happened to you because of Adam and Eve's choice to eat of the tree?

**The decision to eat of the Tree of the Knowledge of Good & Evil resulted in a deep change in humans—from being naked and unashamed (totally open to each other on all levels) to knowing they were naked and needing to hide from each other. This turned us all into secret keepers, hiding what we fear inside ourselves.**

- How does possessing the knowledge of good and evil create problems between you and the other people in your life?

**People are all doing their own version of good and evil, often within the same household. This creates division and anger in families and breaks friendships.**

- How have these strained/broken relationships affected how you feel about yourself?

**This is a *hurt of the heart* question. Let them explore their emotions here.**

- Are there areas in your life where doing what you prefer, such as defiance, unforgiveness, going your own way, etc., brought more damage to your strained/broken relationships.

**‘Doing what you prefer’ is a definition for depravity. This question is to help you zero in on the connection between what they are personally experiencing and the aftermath of the Fall. Explore to see if and how their preferences made their life situation worse.**

- Do you believe that these strained/broken relationships will go on for the rest of your life? If no, what will need to heal in you to change the strained/broken relationships that you currently have?

**This is another *hurt of the heart* question. Explore with them whether they feel hopeless about their broken relationships.**

3. In Hebrews 10:14-17, the writer tells us, “For by one sacrifice (of Jesus on the cross) God has made whole forever those who are being made holy. The Holy Spirit also testifies to us about this. First he says: “This is the covenant I will make with them after that time, says the Lord. I will put my laws in their hearts, and I will write them on their minds.” Then he adds: “Their sins and lawless acts I will remember no more.”

This means that, through the sacrifice of Jesus on the cross, God made a covenant with broken people like us. Covenant making is about creating an unbreakable relationship between those who are part of it.

- According to the writer, what has God already done by making covenant with you?

**God is the one who initiated making covenant. Since God owes no one and has every right to judge the world, His choice to make covenant with people who hate Him reveals why John says, “God is love.” He is committed to change people from the inside out, already implanting in people the right way to live, and forgetting their sin—which is to say He forgives them completely because of what Jesus accomplished on the cross.**

- How does this help you understand His love for you?

**If they have put their faith in Jesus, God will never let them be lost again, because He is faithful to His promise. Agape love is at the core of His covenant. Agape is a love that is based on the will of**

## RESTART LEADER GUIDE

**the lover rather than the worth and worthiness of the one loved. It is impossible to push God away once you enter into His unbreakable covenant.**

- If you have been made whole already by God, how will being made holy affect you?

**Being made holy is the work of the Spirit, which God gave to everyone who enters His covenant (Ephesians 1:13-14). Holy is not about rule keeping, but having one's desires changed so their desires realign with God's.**

- How do you see this affecting how you live your life and affecting your relationships?

**Let them apply this to their lives.**

4. Romans 12:2 says "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Paul talks about transformation as taking place in the mind.

The lies that you may believe about yourself and others reveal that Satan has gotten to you through your mind. You may be repeating these lies to yourself on a daily basis. Renewing of your mind involves the lies of the enemy being rooted out by the truth of who God is and your relationship to Him. You cooperate with the Holy Spirit in this process by:

- Recognizing and naming the lie.
- Replacing it with God's truth, even when your emotions are rejecting this. Truth comes when the Spirit makes the revelation about God clear to you.
- Living the truth by the power of the Holy Spirit.

Process how this could change how you see yourself and the people with whom you are in strained or broken relationship.

**Walk them through this completely. Use an example from your own life where you recognized a lie that Satan used to trap you and what happened when you allowed God to free you with the truth.**

**AT THE END OF THIS SESSION: Have the students pair up and pray with another person. Have them share something from their personal journey that they need prayer about. Then pray for the other person's need. *Never skip this closing activity.* Praying for each other is helping them to start building community.**

## SESSION 2 HOMEWORK ASSIGNMENT

## RESTART LEADER GUIDE

The next session is about your true identity as sons and daughters of God. To prepare, please read through Colossians 1-3, looking for (and maybe highlighting) every place it says you are “in Christ, or in Jesus, or in him” or “with Christ, or with Jesus, or with him.” These two phrases are Paul’s shorthand way of talking about your true identity. As you spot each one, write out the truth you discover by using the following statement:

In Christ I am/have \_\_\_\_\_.

Examples:

1:5 I have hope stored up for me in Heaven in Christ Jesus.

1:11 I am strengthened with all power according to His glorious might in Christ Jesus.

**This is a critically important homework assignment, because it will lay the foundation of truth that the Spirit will use in their lives through appropriation, which will be discussed in Session 8.**

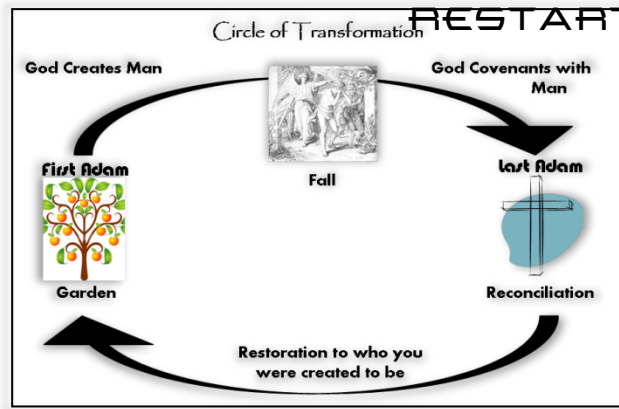
## SESSION 3: IDENTITY IN CHRIST

### WHO AM I?

1. The story of the Garden in Genesis 2-3 shows that we are the descendants of Adam. The story of the gospel tells us we are now children of God. Paul uses the phrase “in Christ” many times in his writing to express this truth. So who are you “in Christ” and what do you have?

**Allow them to answer from what they discovered during their homework. It is important that they see these as true for themselves, not just stuff the Bible talks about. This is what they are—now that they have put their faith in Jesus. What they are/have in Christ will come up again when you get to the lesson on appropriation.**

2. This Circle of Transformation illustrates what your journey is all about.



- Before the first Adam messed up, what was his relationship with God like, according to Genesis 2:7-25?

**God made Adam and supplied all his needs for work and companionship. Adam and Eve were ‘naked and unashamed,’ meaning that they had nothing to hide from God or each other. This is what intimacy is all about—to be completely known without feeling shame.**

- What does being messed up by Adam and Eve’s choices mean in light of Genesis 3:8-10, “Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord God called to the man, ‘Where are you?’ Adam answered, ‘I heard you in the garden, and I was afraid because I was naked; so I hid.’”

**Eating of the Tree of the Knowledge of Good and Evil was their declaration that they could run their own lives as if they were gods instead of submitting to God. The result of this rebellion was fear. No longer were Adam and Eve able to feel free to know God or be known by Him or each other. Hiding is how we all deal with what we feel ashamed of.**

- How does Adam’s choice affect you personally?

**It has brought us death. Also, each of us has inherited our own sense of godhood, believing we know what is good for us and what is evil. Unfortunately, there is not one person in the world who would agree with us on every point, which brings us into conflict with others all the time,**

especially our family members. This also keeps us from fully trusting God and wanting to do what He says.

- What does God offer you through the Last Adam?

**Reconciliation back into a relationship with God, becoming under His reign again so that we can be restored (transformed) back to who we were created to be. This is what Paul means in 2 Corinthians 5:20b: “We implore you on Christ’s behalf: Be reconciled to God.”**

- How does the Last Adam’s choice affect you personally?

**This is asking them to apply the above truths to their lives. Allow them to reflect before answering. See if they actually understand these truths.**

3. Proverbs 27:19 says, "As a face is reflected in water, so the heart reflects the person." There is stuff going on inside of your heart, some of which you won’t even admit to yourself—let alone anyone else.
  - Why might you be afraid to reveal what you struggle with inside?

**Again, this is personal reflection. Do not rush.**

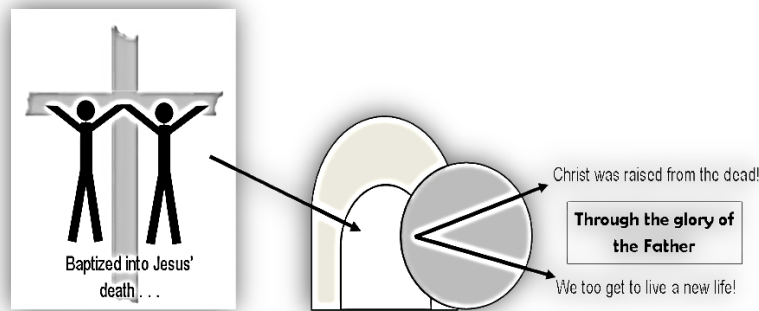
- How might this kind of secrecy affect your journey to wholeness?

**Secret keeping is the result of the Fall. Keeping one’s brokenness secret or believing the lies that Satan puts into one’s mind only gives power to the secrets so that they get a bigger hold over the person. It is hard to go forward toward wholeness until one trusts enough to tell their secrets to others, including God.**

- How has being in Jesus changed this for you and others who believe?

**Being in Jesus means that God is at work changing us, instead of demanding that we change. This is the counter-intuitive nature of transformation, because many people think they will not be changed until they please God and earn His favor. But it was His mercy and grace that led Him to raise us up with Jesus and place us at His right hand in Christ Jesus (Ephesians 2:4-6).**

4. Romans 6:1-6 (pictured below) explains how you being “in Christ” has changed you more deeply than you may have thought.



- What do these verses say about how this change in who you are was accomplished?

**People are changed by the cross and resurrection of Jesus because he became sin for us so that we might become the righteousness of God—this is what baptism symbolizes. God gave to us what we did not deserve because God through Jesus paid our death penalty.**

- What does getting to live a new life mean in your personal situation?

**This is a personal reflection. Give them time to respond. Look to see if they have hope that they will live free.**

### SESSION 3 HOMEWORK ASSIGNMENT

In the next session you will examine your symptoms—outward and observable behaviors and attitudes that are causing you pain and/or are barriers between you and others. Using the *Symptom Discovery Inventory For Teens and Young Adults*, develop a comprehensive a list of your personal symptoms as you are able.

The *Symptom Discovery Inventory For Teens and Young Adults* is available at:

[www.ChurchEquippers.com/downloadables](http://www.ChurchEquippers.com/downloadables)

**Be sure to fill one out yourself so that you know what they are grappling with when they report on their homework next week. This inventory can seem subjective, but the idea behind it is to see how well people know themselves and how deeply they desire to get well through being honest about what kind of person they have become.**

## SESSION 4: IDENTIFYING YOUR STUFF

1. Read John 10:10-11 again. Jesus came so you would have life to the fullest. What are some of the symptoms—ways you act or think—that keep you from living life to the fullest?

**Jesus came so they would have an abundant life. What's keeping them from it is not their life's circumstances, but how they have allowed themselves to be shaped by life by the choices they have made. Allow them to answer this is from their homework. Look for honesty and a desire to get well.**

- Of these personal symptoms, which ones would you say have passed into being addictions—controlling you rather than you controlling them?

**This is a judgment call on their part and is likely to be more surface than substance. Thank them for responding, but look ahead to the following questions to press it deeper.**

- What parts of your life are being affected by your addictions?

**Allow them time to reflect and answer. They may want to hold back on this question because it asks them to be transparent at a deep level. Encourage them to respond.**

2. Symptoms always indicate deeper issues inside us. Talk about where you think these symptoms/addictions are coming from.

**You will want to remind them of the Heart Chart. They have symptoms as a result of their *hurt of the heart* combining with their *sin in me* choices. Because of the stress of life, some of their symptoms may have become addictions. Addiction is not just alcohol, sex, food and drugs. It includes attitudes and personal traits that cause pain and loss in them and the people they interact with.**

- How does talking about this subject affect you emotionally?

**Allow them time to reflect and answer. They may want to hold back on this question because it asks them to be transparent at a deep level. Encourage them to respond.**



3. In Romans 8:28-29 (MSG), Paul tells us that the Spirit “knows us far better than we know ourselves, knows our condition, and keeps us present before God. That’s why we can be so sure that every detail in our lives of love for God is worked into something good. God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son.”
- Compare your personal identity with that of the character of Jesus. In what way is God at work using your symptoms and addictions to shape you along the same lines as the life of Jesus?

**This is a central truth—that God has already determined to transform those who put their faith in Jesus to be like him. There is no maybe or wish it were so. This is why the gospel is good news. Right now, while a person is in this life, they will be changed from the inside out by the empowering work of God’s Spirit.**

- What do you need from God to really believe this?

**Trust is a real problem for all people. What you look for here is the presence of faith that God will do what He has said. If you hear a lot of hopelessness, the later lessons on Intimacy through Rest, Appropriation and Meditating on Christ’s Love will help you address this with your students.**

4. Read the story about Jesus healing the man by the pool of Bethesda in John 5:1-16.
- What was the key question that Jesus asked?

**Do you want to get well?**

- Why was that question important?

**People cannot go forward in being healed and set free until they answer it. The man had to trust Jesus or he would not have followed Jesus’s command about picking up his mat.**

- What do you think would have happened if the man had said “No”?

**Nothing. Jesus would not have healed him unless the man wanted to be healed.**

- What did the man’s response in verse 7 reveal about the man’s attempts to get well?

**He wanted to get well but, in thirty-eight years, he had never been the first one in the pool when the angel stirred it. Notice that he said he had no one to help him.**

## RESTART LEADER GUIDE

- Why do you think Jesus made him take up his mat on a Sabbath day?

**The Sabbath day was holy to the Jews and the man could have been stoned carrying his mat on that day. It was a risk he had to take. This is a reminder that getting well can be dangerous, but it is worth the risk.**

- How do you understand the question Jesus is asking in terms of your own need to get well?

**This is a personal question. Allow them to reflect and answer this.**

- Where are you personally at in responding to Jesus' question? Which of the following words capture where you are at this moment? Hope. Trust. Fear. Questions. Determination. Anger. Surrender.

**Again, if they feel hopeless, fearful and not sure, let them know later lessons will help them by teaching them to know God better.**

3. What would it take for you to be ready to ask God to do a ruthless search of your heart to show you what you need to know to get well?

**A ruthless search is based on Psalm 139:23-24, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." Are they ready to ask God to show them more about what is going on inside them? They have to ask without being afraid of Him and what may come up.**

## SESSION 4 HOMEWORK ASSIGNMENT

- In the next session you will focus on how and why you are wounded.
- Schedule at least an hour to do the Hurt of the Heart Inventory. *The Hurt of the Heart Inventory for Teens and Young Adults* is a free download and can be found at:  
[www.ChurchEquippers.com/downloadables](http://www.ChurchEquippers.com/downloadables)

**The Hurt of the Heart Inventory has three parts: 1) A time with God seeking to discover how they were wounded. 2) A self-talk inventory to discover in what ways their wounds have translated into how they talk to themselves (this reveals something about the way they feel about themselves). 3) A broken relationship exercise, to help them to see how much their relationship with the person who wounded them is damaged.**

## SESSION 5: HURT OF THE HEART

1. When you did the Hurt of the Heart Inventory, did you find it hard to face what you discovered about your emotional history?

**This and the next lesson will be the hardest ones to process for your students. Be as sensitive as possible as you explore their discoveries with them.**

- Do you think that the hurts of your heart that you remember were inflicted deliberately, accidentally, or thoughtlessly?

**Be aware that even ‘good’ families can have a dark side. Be careful with this information!**

- Why do you think the person(s) who inflicted the wounds did that to you?

**Most people have no idea why they were wounded. Your students may project motives on the perpetrators. However, most people who wound others do so because they themselves were also wounded. They are now passing it on. In explaining this, you may find that no one wants to believe it, but it will introduce a new idea to many who hear it—that *everyone* has been damaged by the Fall.**

- Were you made to “feel” that the wounding was your fault?

**This is a personal issue. Many (although not all) people feel they caused the perpetrators to do bad things to them.**

- How has that person(s) actions affected your ability to receive love from him or her?

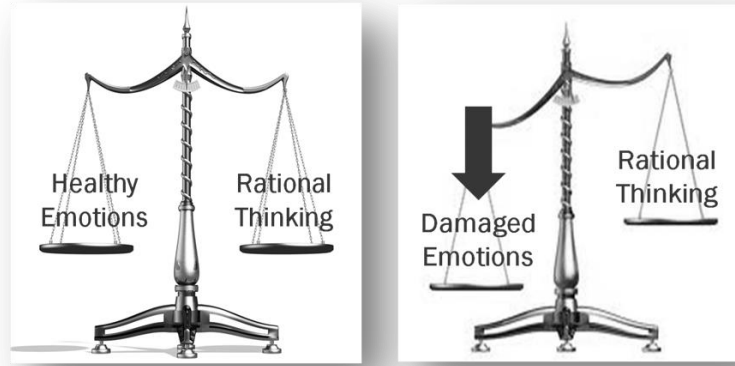
**Here is where *hurt of the heart* damages us the most—we lose the ability to be loved—and are actually love-starved wherever we have been wounded. Yet wounded people are still trying to be loved by the one who wounded them in many cases.**

2. In the Bible the heart is a place where emotions and rational thoughts are weighed out to make decisions about life.

## RESTART LEADER GUIDE

- What are the implications of the following picture in light of your own life?

**The damaged emotions from our wounds cause our ability to make balanced decisions impossible. Our feelings now weigh heavier in our decisions, making them imbalanced.**



- Can you think of a decision you made that you now know was directed by your damaged emotions overriding your rational thinking?

**Allow them to reflect before answering. They may not see this in themselves. Redirect them to think about what important people—parents, teachers, etc.—may have said about their behavior to help them puzzle this out.**

- These kinds of decisions are called irrational. Why do you think people still do them if they are irrational?

**Because our emotions are damaged, our decisions seem normal to us, no matter how irrational they seem to others.**

3. People most often try to deal with wounds internally. In the process, they develop self-talk (Examples: You did it again...Give it up...You are so stupid...I am better than that idiot...I have to use...I have to look...I have to eat...I feel so alone...No one cares about me).

- What are the words of your self-talk and what does it reveal about how you think about yourself?

**This should be answered from their homework. Help them connect the dots between their woundedness and how they now talk to themselves about themselves. Often it shows how their wounds impacted them personally. Self-talk reveals their personal interpretation of who they are.**

## RESTART LEADER GUIDE

- Which of the following have appeared in your life because of being wounded?

While there is no certainty that any of the following are true, most people have at least one of them.

- 1) Denial that what happened affected you.
  - 2) A sense of loss and being a victim.
  - 3) A belief that you are powerless to do anything to get over it.
  - 4) A determination to prove yourself.
4. Were you a Christian at the time when you received the wounds you remember? If you were, how did the wounds affect your relationship with God?

**Allow them time to reflect before answering. If they were already Christians, they may have anger towards God for not protecting them. Be ready to talk about this issue.**

5. What do you understand has to happen between you and God in order for you to move towards healing?

**The goal in this and the next lesson is to surrender the hurt and sin to God so that He can heal and free them. God is the only one who can fix their lives, so they have to let what is inside of them go into His hands and trust Him. Without surrender, nothing changes.**

## SESSION 5 HOMEWORK ASSIGNMENT

In the next session you will work through sin choices that damage us. Please schedule time to do the Deadly Sin Inventory. It will take maybe 30-60 minutes, so make sure to allow enough time to do it. *The*

*Deadly Sin Inventory for Teens and Young Adults* is available as a free download at:

**[www.ChurchEquippers.com/downloadables](http://www.ChurchEquippers.com/downloadables)**

**This is the hardest inventory to take because it can be used by Satan to discourage the student. Make sure to pray for them during this week. Assure them they will not be required to reveal their personal answers or anything they discover about themselves in class (unless they want to).**

**PLEASE READ THROUGH THE DEADLY SIN INVENTORY BEFORE GIVING IT TO YOUR STUDENTS. I ENCOURAGE YOU TO GET PERMISSION FROM PARENTS OF TEENS BEFORE**

USING IT. SOME OF THE QUESTIONS MAY NOT BE APPROPRIATE FOR THE AGE GROUP YOU HAVE, DEPENDING UPON THEIR LIFE EXPERIENCE.

### SESSION 6: SIN IN ME

1. What is the difference between comforting yourself and being healed of the pain you feel inside?

**Comforting yourself means you are using some sin to make yourself feel better without turning your pain over to God, who can heal you. This is a choice issue, even when it is done unconsciously.**

- After doing the Deadly Sin Inventory, what deadly sin(s) did you discover you were comforting yourself with?

**They do not have to answer this out loud unless they want to discuss it with you in class. If no one wants to say anything, move on.**

- How did your pre-inventory lineup compare with your actual results?

**While they do not need to reveal their answers, this question is a self-awareness one. Did they know themselves as well as they thought?**

- Was it hard for you to accept the results of this inventory? If so, why?

**Allow them to reflect before they answer. It is common to feel the inventory is wrong or to feel judged by the results. That is not the point of the inventory. It is to push them to surrender their sin to God along with their hurts. But they cannot surrender when they do not know what it is they have to surrender.**

2. In Romans 7:14-23, What does Paul reveal about his own journey towards being shaped along the same lines as Jesus?

**He reveals that he was confused about his behavior. He did not do what he thought he should do and did things he knew he should not do. He discovered it was caused by sin inside him.**

## RESTART LEADER GUIDE

- What is the difference between sins that we do and the sin that is inside you?

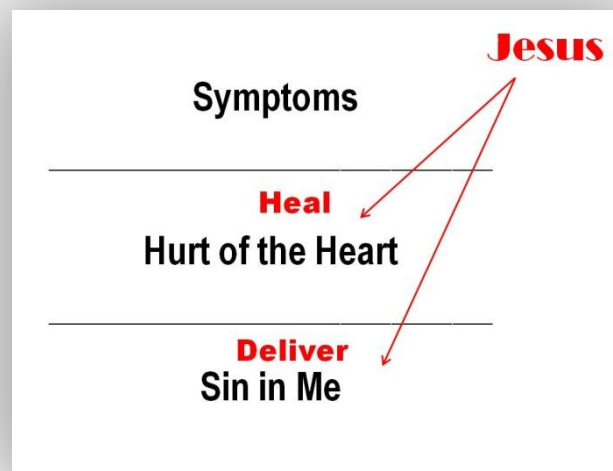
Sins we *do* are the results of the sin nature (flesh) inside us. The sin *inside us* is not the actions, thoughts and attitudes it produces, but what *motivates* those actions, thoughts and attitudes.

- Why do you think people prefer to choose sin over being made whole?

People choose sin because of what the Fall did to us. Remember that Adam and Eve ate of the Tree of the Knowledge of Good and Evil. They thought they were gods and we do too. As a result, we choose to do what we prefer over surrendering to God's right to reign over us

On the following chart are the two things you need Jesus to do for you. Which is the harder one for you to believe he can do?

Allow them to discuss this question. Reasons why they may not trust God for healing and deliverance are fear, lack of faith, anger at Him, thinking He is like their parents, and questions about whether He is real or just a made up person like Santa Claus. Explore some of these with the students.



- Count the cost on this question. What do you really want to do about your inside issues? Do you really want to get well?

**They do not know what it means to get well yet, so they may not realize how painful healing and deliverance can be. They certainly do not expect to forgive the person that hurt them. And they may be still living with that person, under his or her authority. Be careful to be aware of this as you interact with the students.**

3. James 5:16 says “Therefore confess your sins to each other and pray for each other so that you may be healed.”
  - Why do you think confession leads to healing?

**Confession to others is about giving up secret keeping. It requires faith in God combined with trust in what is called a confessing community. These are the people who will encourage, love, pray for and not let you go on to destroy yourself.**

- What are the *sin in me* choices which you are aware you have made that you need Jesus to deliver you from? Are you ready to confess and repent of these choices?

**Allow them to reflect before answering. Do not put anyone on the spot! Remind them that their *sin in me* choice is bonded with a *hurt of the heart*, so they need to consider surrendering both to God.**

- Do you understand what “repentance” means?

**Repentance is more than changing your mind about sin. It is changing your mind about who is in charge. God is in charge now, not you. Embracing this is repentance.**

4. Paul teaches in Galatians 5:22-25 that God is making us different from what we were when deadly sin controlled us, “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.”
  - How is the fruit of the Spirit different from the deadly sin that has been controlling your life?

**The fruit of the Spirit is the true character of Jesus. It is produced in us as we surrender and let the Spirit’s power change us. Fruit replaces the deadly sin as a sign of our outward personality.**

- How will keeping in step with the Spirit bring change and wholeness to your life?



## RESTART LEADER GUIDE

**This is a reflection and application question for them to interact over. Help them make this personal.**

6. This fruit is called The Great Exchange. In 2 Corinthians 5:21, Paul says, “God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”
- What is being exchanged in this verse?

**We get to become the righteousness of God in exchange for Jesus becoming sin for us.**

- Which word would connect to the fruit of the Spirit?

**Righteousness. Because the fruit of the Spirit is what it means to be righteous—and even beyond that, righteousness is Jesus’ character being formed in us by the Spirit.**

## SESSION 6 HOMEWORK ASSIGNMENT

This is a different kind of assignment. This week, when you spend time alone with God, you are to take a full 60 seconds and be quiet before the Father. This is not a prayer time, but a listening/receiving time from God. Start by reading Hebrews 4:14-16. As you are ready, recognize you are in God’s presence. Tell Him you are ready to receive from Him whatever He has for you. Be quiet and listen for His voice. After the time is finished, write out what you experienced in that time. Practice being in His presence in this way every day this week.

**You also need to do this in preparation for the next lesson. Learning how to be with God without an agenda is the way people develop a deep personal relationship with God. This is the first step in a lifelong pursuit of intimacy with God.**

## SESSION 7: INTIMACY THROUGH REST

1. Paul prays in Ephesians 1:17 an *intimacy prayer*—that God would “give you the Spirit of wisdom and revelation so that you may know Him better.” How do people generally come to know someone else better?

**By spending time with them in a way that allows them to talk with each other and enjoy each other’s company. God wants you to know Him this way.**

2. What do Jesus’ words in Matthew 11:28-30 reveal about why he wants you to come and be with him?

**Jesus wants to give people rest instead of rules and work. Rest is the absence of demands and stress in a relationship.**

3. The writer of Hebrews states “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.” (Hebrews 4:16).
  - Did you feel safe to be with God when you spent time in quiet before Him this week?

**Let them answer from their homework. Do not be surprised if a number of them did not try.**

- What did you learn about being with God just to receive something from Him?

**Again, this is new to them, so encourage them even if they felt they learned nothing to continue being with God in this way.**

4. Spend the next ten minutes resting in God’s presence. Three things to keep in mind as God gives rest for your soul:

**Take the time to read and explain this to them before this exercise. This is the most important aspect of this lesson.**

- **First:** *Approach* God within yourself without fear of rejection. This takes humility. Your right to go into God’s presence is not based on whether you were good or bad. You have no right on your

## RESTART LEADER GUIDE

own. But by His own choice He is inviting you. He wants you. And He has paid the price to remove all the barriers between you and Him. It's a humbling thing to go before God and say, "Here I am. I'm your child."

- **Second:** *Believe* that He is with you and you are with Him. And that He is delivering what you need. You need mercy, compassion, comfort and affection. And you need grace—the power to do what God has for you to do.
- **Third:** *Receive* tenderness (mercy) and power (grace) even when you feel you deserve His judgment.

**This is training in this practice for them. You can do it in the room together, or send them to different rooms apart from each other. Ask them the same questions from #3 again after they come back together.**

5. One important impact of the process is changing your belief about how you see God as the Father. This is about seeing Him as He is, rather than the image you have projected on Him out of your fears and rebellion. One of the sources for your false image of God is your parents. How might your view of your father, mother or whoever raised you, or even a pastor or teacher cloud your understanding of God?

**Many people do not really 'see' God as He is, but have put the face of some authority figure on Him. This confuses them about His love and willingness to heal and deliver them. Again, they may be afraid of God.**

- Read Elijah's story in 1 Kings 19:1-18.
  - What happened to Elijah before he actually was ready to hear from God?

**He fled from the threats of Jezebel, but before he went too far, God had him rest (sleep) and fed him. Then he was ready for his journey to the place where he would talk with God.**

- What do you think the wind, the earthquake and the fire in the story tell you about how we view God?

**Many people think God speaks through a big event, but God mostly speaks to us softly. We have to learn to listen if we are going to hear what God has to say to us.**

### CONCLUDING STATEMENTS TO BE READ ALOUD

**These are teaching points about learning how to be intimate with God through rest. It takes time to learn due to what is said in #4. This generation of people is especially distracted in their minds by smartphones and video systems. Being able to focus on God and His nearness, to listen for His voice, is challenging enough with the added layers of distractions.**

- 1) Understand this—you will not grow in your ability to rest by a quick session or two with God.
- 2) Being with God without an agenda so you can hear and receive from Him has a learning curve.
- 3) You have to set aside time intentionally and you must get away from distractions.
- 4) It may take months before you begin to sense you truly are ready to hear God when you are with Him. Why? Because we have busy minds. Instead of the ability to listen in quiet, we have cultivated a brain geared to short bursts of focus and multitasking.
- 5) Do not give up this means of pursuing God. He is already there, and ready for you to know Him better.
- 6) He has also given you His Spirit so this can be real in your life.
- 7) Practice. Listen. Wait. Rest.
- 8) In time, as you do this *consistently*, you will begin to have the kind of relationship with God you have always wanted, and more.

### SESSION 7 HOMEWORK ASSIGNMENT

In the next session you will learn a second practice that God offers you to bring transformation into your life—Appropriation (which means grabbing hold of what God has stored in your spiritual ‘refrigerator’). In preparation for this session, read the following verses (Romans 5:10; Romans 6:4; Galatians 2:20; Colossians 3:1-4) and think on this question: How can I experience the reality of Christ living out his life in me? Continue practicing your 60 second daily listening and receiving times with God. This will help to establish a lifetime habit.

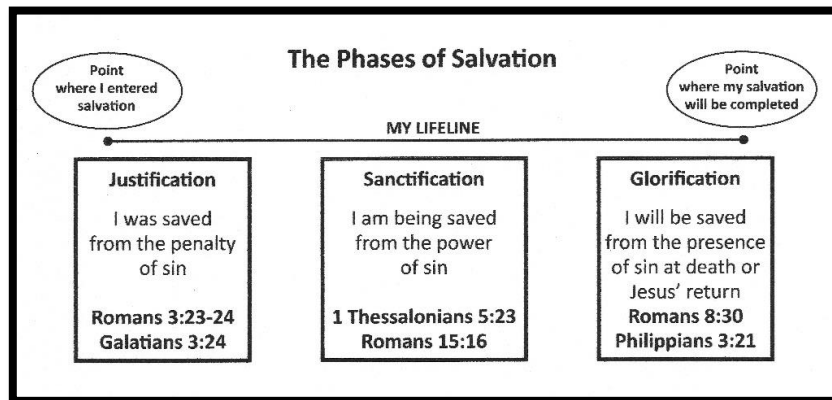
**This next lesson will involve bringing into focus truths that have been touched on in the preceding lessons. If you can share your own experiences with appropriation, it would help the students understand this idea better.**

## SESSION 8: INTIMACY THROUGH APPROPRIATION

1. What have you learned from God so far? How has this new knowledge affected you emotionally? Spiritually?

**This is an open question to discover what your students understand so far.**

2. Study the following chart.



- Where are you in the salvation process right now?

**Salvation is a faith journey. They are in the sanctification part of the journey at this moment, being saved from the power of sin. They have already been saved from the penalty of sin and someday will be saved from the presence of sin when they go home to be with the Father.**

- What does that tell you about what God is doing in you?

**God does not intend for them to be defeated and trapped for all their lives. He has saved them to make them free—free from the power of sin that would damage and destroy their life.**

3. The second prayer Paul prays in Ephesians 1:18-19 is an *insight prayer*. He is praying that his readers would know through experience three things that they have been given by God as a result of

## RESTART LEADER GUIDE

putting their faith in Jesus. What are the hope, riches and power you have been given according to this passage?

**These are gifts God has already given us at the time we put our faith in Jesus. Hope is the certainty that God will conform us to the likeness of Jesus (Romans 8:29). Riches are what I am/have in Jesus (see Session 3). Power is found in the presence of the Spirit inside us, doing *for* us what we cannot do for ourselves.**

- Compare these verses with Ephesians 1:3 and 2 Peter 1:3-4. In what way has God equipped you to be saved from the power of sin? What do you get to do instead of having to sin?

**God has already given you everything you need by His divine power so you can live a whole, productive life. Instead of having to sin, you get to grow in your freedom from sin.**

- When you are being tempted or are under spiritual attack, do you need to ask God to give you something more than He has already given you?

**No. This is one of Satan's lies—that you are helpless and unarmed spiritually. God is in you and He has withheld nothing from you that you need.**

- What do you understand 'appropriate' to mean for yourself?

**Appropriate means to take and use what is rightfully yours without further permission.**

- Have you ever been denied something that was yours?

**This can be an experience the students have had in their life, but when it comes to hope, riches and power, the answer is again 'No.'**

- How does having hope, riches and power make a difference for your faith journey?

**Guide them here. They may have never appropriated what they have. Explain that when they are made to feel hopeless by Satan, when they feel empty and discouraged, when God asks them to obey His word, then at that moment they can appropriate what they already have in order to respond to each of the above situations. They do not need to fail or to be trapped by Satan's lies.**

## RESTART LEADER GUIDE

4. Look up John 1:33, 14:25-26; Ephesians 1:13; Acts 1:8; 2:38; Romans 8:9-11; 2 Corinthians 3:17-19 and answer the following question: How is receiving the Spirit the gamechanger in Jesus living his life out in us?

**Read all the verses out loud. Make sure they understand that they have the Spirit, even if they do not see some manifestation they have been told about. Having the Spirit means they belong to Christ. He exercises power to transform us.**

- How does having the Spirit explain the difference between being reformed in your character and being transformed to be like Jesus?

**Reformation is our human attempts to obey God in our own power. Transformation is the Spirit's power changing us and empowering our obedience.**

5. You are not just becoming a better person, but the Spirit is developing Jesus' attributes in you as your personal character. How does transformation differ from any self-improvement course you might try?

**Allow them to share their ideas about this.**

6. Dig a little deeper. What issue are you aware of in your faith journey right now for which you need to exercise appropriation?

**Allow them to apply this truth to their own life situation.**

## SESSION 8 HOMEWORK ASSIGNMENT

- Continue practicing your 60 second daily listening and receiving times with God.
- In the next session, you will learn a third practice that God offers you to bring transformation into your life—*meditation on the love of God*. Take time this week to get apart from all of life's distractions. In the quiet, focus your mind on how much God loves you.

**This last spiritual discipline is to help them to find that God is love and is approachable. It is hard to trust a God you do not think loves you.**

## **SESSION 9: INTIMACY THROUGH MEDITATION ON GOD'S LOVE**

1. What have you learned from God so far? How has this new knowledge affected you emotionally? Spiritually?

**Allow each of the students to respond to this question.**

2. Do this Envelope Exercise: Get four envelopes and 1 slip of paper.

**YOU HAVE TO PREP FOR THIS EXERCISE (4 envelopes and 1 slip of paper for each participant), but it can be a powerful visual illustration of how safe they are with Jesus. When people feel safe with Jesus, they are open to his command to take up their beds and walk. This is a critical issue of trust.**

- Write “Jesus” on the piece of paper. Write your name on one envelope, “Jesus Christ” on the second envelope, “The Father” on the third envelope and “The Holy Spirit” on the last envelope.
- Look up 1 John 4:4, 15. Place the piece of paper marked “Jesus” into the envelope with your name on it. Write under your name on the envelope “God in the person of Jesus lives in me.”
- Look up Ephesians 2:6 and Colossians 2:6. Fold and place the first envelope inside the second envelope marked “Jesus Christ.” Write “I am in Jesus.”
- Look up John 17:20-23. Fold and place the second envelope inside the third envelope marked with “The Father.” Write “Jesus is in the Father.”
- Look up Ephesians 1:13. Fold and place the third envelope inside the fourth envelope marked “The Holy Spirit.” Write on flap “I am sealed in the Holy Spirit.”
  - 1) Where are you?
  - 2) Where is God?
  - 3) How safe are you?
  - 4) How does this illustration of Bible truth allow you to appropriate hope when Satan throws lies at you?

**Take plenty of time to discuss what they learned from this visual illustration.**



## RESTART LEADER GUIDE

3. In Paul's transformational prayer in Ephesians 3, he prays, "I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."
- Why does Paul want people to know this love of Christ that they are already rooted and established in?

**Agape (love) is based on the decisive will of God choosing to love instead of the worthiness of the person loved. Agape is at the core of the new covenant established through Jesus' death and resurrection. Covenant is always about making a deep, unbreakable relationship, in which love is the necessary defining characteristic. Paul is saying here that we already possess this covenantal love, but we do not fully understand it.**

- The way you deepen your grasp on God's love is through meditating on the love of Christ. Meditation is possible when you step away from all of life's distractions. In the quiet, you *focus* your mind, not *empty* your mind. This is the critical difference between Christian mediation and eastern mystic meditation.

**Explain this in your own words.**

- Spend the next ten minutes resting in God's presence. During this time, ask God to give you a grasp on *one* of the following:
  - 1) How much God loves you.
  - 2) Why God chooses to love you.
  - 3) How much God loves even those who wounded you.

**Some of your students may find #3) difficult to have on the list. Tell them not to worry if this is not what they are ready to deal with it.**

4. What did you learn during this time of meditation?

**Allow them to respond personally.**

- How do you think that this deepening intimacy with God will help you in the face of the accusations, temptations and lies of the enemy?

## RESTART LEADER GUIDE

**The more they understand how deep God's love is for them, the more they will trust Him when things are not making sense, or the enemy lies to them that there is no God or that He has abandoned them.**

- How do you think that this deepening intimacy with God will help you really forgive the people who wounded you?

**This is a hard one, but a necessary future step. They will not be free as long as they stay angry and expect the person to ask for their forgiveness. Unforgiveness will keep them trapped for years.**

5. Read Matthew 6:12, 14; Mark 11:24-26. Forgiveness is at the heart of unbroken intimacy with God. For what person(s) do you need to trust God to give you true forgiveness so you can continue to deepen your intimacy with Him?

**Allow them to decide if they are ready to answer this question.**

- What do you need from God so that you will be able to forgive the person(s) who wounded you?

**Remind them that it is the Spirit who can empower them to forgive, and that they themselves cannot do it.**

- What help do you need from others to move forward in forgiveness?

**This is a conversation we need to have with our confessing community. The people in this small group should be this community for them. Ask them to encourage each other in their personal pursuit of intimacy with God and the healing and delivering they need from Jesus.**

## SESSION 9 HOMEWORK ASSIGNMENT

- Continue practicing your 60 second daily listening and receiving times with God.
- In the next session you are preparing yourself for going on in your faith journey applying the truths you have learned through this study. To be ready for this last Session, read through Matthew 5:3-10, which are the eight Beatitudes that Jesus taught at the beginning of what we call the Sermon on the Mount. Be ready to discuss the Beatitude that is most challenging for you.

The Beatitudes are the foundation of what it means to belong to Jesus and his kingdom. They are progressive in nature, each one building on the impact of the previous. When you admit you are spiritually impoverished, then you will mourn your brokenness and those you personally wounded. When you do this, you become meek, ready to put yourself under God's authority. Meekness leads to hungering and thirsting for what God wants—righteousness. This makes us compassionate towards those who are still stuck. Our compassion and righteousness purifies our hearts to see God-as-He-is more clearly. As a result, we are being transformed into peacemakers, which is the character of Jesus. Finally, because we are being changed, people will not like us and even persecute us.

### SESSION 10: CONTINUING WITH YOUR FAITH JOURNEY

1. Which Beatitude is most challenging to understand for you?

**Allow them to share this from their homework.**

2. The order of the Beatitudes in Matthew 5:3-10 suggests a progressive transformation process, starting with acknowledging that you have nothing in you that will make you into the person God created you to be. This is not just a one-time occurrence, but is a recurring cycle in your transformational process. You will need to continually come back again to this point—refusing to believe the lie that the *hurt of the heart* which is at the center of your mind at this moment can be dealt with by anything other than God Himself. You are then ready to humbly allow Him to free you from the power of *sin in me* choices by focusing on intimacy with Him. Never forget that it is God who is going to develop these in you—you can't possibly do it yourself. Walk through the eight Beatitudes together and discuss what they mean for your faith journey.
  - a) **Poor In Spirit:** *Being Humbled by My Spiritual Poverty*, which is the point at which you recognize you have neither the ability within yourself—nor the power—to remake yourself into the person you were created to be.
  - b) **Mourn:** *Grieving Properly* over the wounds you have received from living in a fallen world, while recognizing that you have, in turn, wounded others as well.
  - c) **Meek:** *Submitting Totally* to the reign of God over you so that you can live in this world the way you were intended to live by God.

## RESTART LEADER GUIDE

- d) **Hunger and Thirst:** *Refocusing Desires* toward wanting what God wants, allowing yourself to be restored to the likeness of His Son.
- e) **Merciful:** *Growing Compassion* for those who are wounded, including those who wounded you.
- f) **Pure In Heart:** *Seeing God Clearly* to the point that you stop projecting false images on Him drawn from your experiences with human figures of authority, including your parents, and stop believing lies about Him due to these false images.
- g) **Peacemakers:** *Conforming to Jesus* who is your peace, and who is the one who offers peace and restoration to all who have rebelled and rejected God.
- h) **Persecuted:** *Anticipating Opposition* from friends, family and even religious people as you progressively are becoming the person you were created to be.

**Allow the students to ask questions about anything that is not clear. Let them know this is part of being on a lifelong journey with God. They will continue to come back to needing to admit they are poor in spirit and walk through the Beatitude process toward wholeness again and again.**

- Why do you think you need to recognize that your faith journey will be a progressive one?

**They will need to know this so they will not get discouraged about themselves. It is hard to learn to surrender to God's right to reign over you. It goes against the natural tendency we have because of the effect of the Fall on us.**

- Look up Revelation 12:10. If you experience failure along this faith journey, who will be the one who will accuse you and seek to use your failure against you?

**Satan is the one who hates them and accusing them, not God.**

- According to Romans 8:31-34, what will be God's attitude and action towards you?

**God has held nothing back in saving them, and they have an advocate (like a lawyer) who speaks for them in Jesus if they mess up.**

- Do you think there will come a time when Satan's lies can no longer draw you back into destructive behavior and distrust of God? Why or why not?

**Allow the students to discuss their ideas about this. But the answer is that he will continue to seek to destroy them because he is the thief in John 10:10.**

## RESTART LEADER GUIDE

- Why, then, should you personally have mercy on others around you, even those who you consider bad people?

**Because everyone is broken in the same way you have been. You need to see that, without the work of the Spirit within them, they have no hope that they will ever stop damaging themselves and others.**

- What would mercy look like?

**Mercy is love, compassion, and forgiveness that we experience daily from God.**

3. Look up 1 Corinthians 2:10-16 and answer the following question: Why has God given us His Spirit?

**So we will know Jesus' thinking—even about things that we normally cannot understand.**

- How does this truth connect to keeping in step with the Spirit (Galatians 5:25)?

**As we intentionally keep in step with the Spirit, we become who we are meant to be because living this way now makes sense.**

- How far have you come in learning to trust the Spirit's work in you?

**Ask each student to answer this.**

- Reflect back to the story about the man who had been sick for 38 years Jesus encountered beside the pool of Bethesda. Picking up the mat was Jesus' invitation to get well. Picking up your mat is doing what God is telling you to do at this moment. What mat is God telling you to pick up?

**Allow them to decide to answer this question. Encourage them that even if they are not ready to answer, God is still ready to heal and deliver them.**

4. How do you plan to go on from here? Discuss the following practical steps:

**Lead them in discussing each of the following:**

- How will I seek to make what I learned during these sessions part of my own life?

## RESTART LEADER GUIDE

- How do I plan to incorporate the “Done” Disciplines regularly into my faith journey so that I can grow in my intimacy with God? Who will I ask to help hold me accountable in the initial stages of making these a regular part of my life?
- What aspects of Jesus’ life and character should I study to gain insight into what I am to become?
- According to 2 Peter 1:5-9, what else should I seek to see developed in my life so that I can be productive in my faith? How would I go about developing them?

**Peter speaks of adding to their faith a number of character issues that they should develop, which are goodness (a generous spirit), knowledge (of God and His word), self-control (reliance on the Spirit to keep you from sin), perseverance (staying on the faith journey no matter what), godliness (looking like Jesus), mutual affection (friendship) and love (choosing to love damaged people).**

- Who is someone who needs to hear this—with whom I can regularly share what I am learning? When will I start the process?

**Ask them to consider teaching what they learned to others. This is the nature of real discipling, to pass on what you have learned.**

5. A last point. Look up 1 Peter 5:5b-11.

- What is it that you need most of all in order to access God’s grace?

**Humility. They will not be able to heal and deliver themselves without God doing in them what they cannot do for themselves.**

- Why do you need to be self-controlled and pay attention to the activity of the enemy?

**Because, like a lion, he will destroy you if he can.**

- Who is on your side in all this?

**The God of all grace.**

### ONGOING ASSIGNMENT

- Continue to practice the three disciplines of Rest, Appropriation, and Meditating on the Love of Christ in pursuit of intimacy with God and the freedom Jesus promised through the gospel (“It is for freedom that Christ has set us free.” Galatians 5:1).
- Confess your sins to others in community and be healed.
- Continue practicing your 60 second daily listening and receiving times with God.
- Make these practices a lifelong pursuit!