



MEETING

5



# “HIGHS” & “LOWS,” AND PRAYER TIME

A “high” is a positive memory from the day. A “low” is a not-so-good memory or a challenge from the day. Sharing “highs” and “lows” as a daily habit is a simple way of connecting with what is going on in each other’s lives.



## FOLLOW UP

How did your time with God go? Were you able to apply the Read, Reflect, Respond to your readings of Scripture? I am not concerned with you hitting a specific number of quiet times for a certain amount of time. I want you to recognize that a lot is vying for your time, and (apart from God’s Word) none of it fuels your soul towards becoming the man or woman you want to be. I also wanted you to realize how much more successful you can be together than apart. Did your group’s reminders and accountability help? Teamwork is so important! If you can honestly say that you fought to make time for your relationship with God between last meeting and this meeting, then give yourself a green light and move on with Meeting 5. If someone is Red Light, go through the online material of Meeting 3 (video, discussion questions, etc.) instead of moving onto this meeting and spend this week continuing to establish consistent communication with God. This rule is in place because GO Groups that don’t abide lose sight of grace. It’s better to get this right and go slower than to let your fuel be human effort.

NAME	RYG	WHAT YOU DID	WHAT GOD DID
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NAME	RYG	WHAT YOU DID	WHAT GOD DID
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# step 3

## RESISTING TEMPTATION

### TEMPTATION WANTS TO BURN YOU

Fire requires three things to burn. It requires fuel, heat and oxygen. If one of those elements are removed, a fire cannot exist. If someone needs to put out a fire, they remove one of these three elements. Firefighters who pour water on fire cool down the fuel enough where fire cannot exist. Some fire extinguishers use a powder that removes oxygen from the fire which puts it out. In forest fires, firefighters will burn sections of grass and then put it out so that when the real fire arrives, there is no fuel left to burn.

All of us deal with temptation every day. Temptation comes in countless different forms: pornography, anger, sex outside of marriage, drug abuse, self harm, eating disorders, lying, etc. If we want to fight temptation, we need to look at temptation like it is a fire. We need to remove the elements that make sin possible.

### REMOVING THE FUEL OF TEMPTATION – GET RID OF THE PROVISION

First, remove the fuel. You want to remove anything that keeps the fire burning. Your goal is to make the road towards sin as hard as possible to walk down. For example, if you struggle with pornography, download software or purchase a router that makes it impossible for you to access pornography on your devices. If you struggle with eating disorders, talk to someone you trust and make sure they help you control your eating. If you struggle with bad relationships, delete the contacts that keep dragging you down and block their numbers. “But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires” (Romans 13:14). When we take away the fuel from the fire, even if we want to indulge in a sin, we are unable to.

1. What provisions allow for fires to keep burning?
2. How can you make it as hard as possible to sin?

### REMOVING THE OXYGEN OF TEMPTATION – ACCOUNTABILITY

Nothing takes oxygen out of a room than being asked, “when was the last time you looked at porn, fought with your parents or gossiped about someone else?”. Thankfully, in the battle we are talking about, removing oxygen from a room means that the fire of temptation will be put out.

If you want to be successful in fighting your temptation, you must get an accountability partner who is not afraid to ask you hard questions. Accountability partners make it hard to fall into temptation because you will always have someone who you can't hide from.

Do you have an accountability partner? If not, the good thing is you have some in your group right now. Accountability looks like you checking in with your friend and asking him/her how they are doing with their relationship with God and how they are fighting sin in their life. The key to an accountability partner is honesty. Up front you must make the commitment to not lie to one another and to keep everything shared confidential. When sin is confessed, the accountability partner will then encourage one confessing by helping them establish steps to fight that sin. Accountability partners do not condemn each other. Check out Galatians 6:1-5.

## REMOVING THE HEAT OF TEMPTATION – ABIDING IN GOD’S WORD & PRAYER

Finally, remove the heat. With an understanding that prayer is not just a dialogue with God but is actually a conversation that causes us to fall deeper in love with Jesus, you will find that prayer and God’s Word is the only way to remove the heat of passion for sin in your life. In the same way that someone who is presented a brand new Lamborghini forgets the Chrysler they once loved, so does someone who intimately knows Jesus forgets about the sin they once loved.

When Jesus was tempted in the wilderness three times each time he responded to Satan with “it is written”. Jesus used scripture to fight off temptation and so should we. Satan tried to misuse scripture but Jesus saw right through it. We must keep practicing what we learned in Meeting 4.

- Read Hebrews 4:16; Psalm 119:9, 11; Ephesians 6:10-11. What do we learn about the power of God’s Word?

Prayer and scripture put out the fire of sinful passion because it makes us fall deeper in love with Jesus which causes us to no longer desire the things that tempt us. Instead of loving our sinful desires, we love God and His ways.

- Read John 14:45; Philippians 3:8; 1 Timothy 6:11; Matthew 5:6. What is the mentality of these men towards sin? What is their mentality towards Christ?
- How does prayer and scripture memorization help fight sin?
- Are you sticking with your plan from meeting 3? If not, What is stopping you from praying regularly and memorizing scripture? What are you going to do to get rid of these obstacles?

## HATE YOUR SIN

Temptation is the enticing bait on a fishing hook, longing to pull us away from the Living Water. When you see the lure learn to hate it. When you see temptation, you should no longer see something attractive but something that is repulsive and detestable. If we love God more than anything else, we will despise the things that hurt His heart and hurt our relationship with Him. Romans 12:2. Ask God to renew your mind so you can love hating your sin. Everyday you have to wake up and make the decision to love the things of God and hate sin.

- Read Colossians 3:6; Psalm 97:10; Romans 8:12-13. How do these verses instruct us in regards to sin and its consequences? How do these verses make you view your own sin?

## WHAT ABOUT WHEN I FAIL?

### GRACE

Grace is receiving what you do not deserve. When we fall short we deserve to be punished for what we have done. The person who has faith in Christ, is not punished but instead is offered grace. We do not deserve to be forgiven but we are.

When you fall and fail in your fight with sin, grace abounds. “There is therefore now no condemnation for those who are in Christ Jesus” (Romans 8:1). When you fall short, know that God does not condemn you. He still loves you. Your sin is not greater than the cross of Christ. Pressing into grace is the ONLY way to escape sin. Trying to be better by ourselves only makes us sin more.

## CONFESSION

God has forgiven you of your sin but it is still vital that you confess that sin to Him and to a trusted accountability partner. Confession frees you from the burden that comes when we bottle in guilt. It helps us make our sin real to someone else so that they can enter in to our situation and help us fight sin.

There is power in confession. Confession does something in our hearts. When we have been sinning for a while, our hearts grow hard. We begin to lie to ourselves and tell ourselves that our sin is not that big of deal. Then we continue to do it. This spiral effect is broken when we confess to someone else what we have done (Eph 5:13-14; Ps 32:3-7).

Confessing to God has incredible power. When we confess, we are promised that “God is faithful and just to forgive us our sins and to purify us from all unrighteousness” (1 John 1:9). Notice that this verse does not stop with God forgiving us. Instead, it continues and says that God will purify us from all the bad things we do. There is power in confession. Power from the Holy Spirit to remove sin from our lives and help us fight temptation.

- Read James 5:16, Proverbs 28:13, 1 John 1:9. What do these verses tell us about confession?
- When was the last time you confessed your sin to a trusted accountability partner? Was it hard to do? What was the result?

Now that you know how to fight temptation, make sure you fight well. Fight together, fight on your knees in prayer, fight in the Word, fight by removing provision. As you fight sin, know that when you fail there is grace but that grace is not to be taken advantage of. Love Jesus so much that you love to hate sin.

## ACCOUNTABILITY IN THIS GROUP

When it came to groups, John Wesley was a master. He used to run groups very similar to GO Groups. The men and women in these groups used to ask one another questions like this:

- Do you desire to be told your faults?
- What temptation have you been met with?
- Is there anything you desire to keep secret?
- Do you desire this group to be as close as possible; that you should cut to the quick; and search your heart to the bottom?

These are some powerful questions!! Are you confident enough in who you are in Christ to answer questions like these truthfully? Are you brave enough to humbly accept wisdom and reproof as you confess your issues? If you aren't willing to do this with someone you trust, then your spiritual growth will always be hindered. Fear and shame keep us from being truthful. Fear keeps us from sharing the lustful thought we had about an attractive coworker. Shame keeps us from confessing the hateful thoughts we had towards our spouse. Fear and shame is the name of the game for our enemy. When we keep our sin in the darkness, we keep ourselves in the darkness. And it is in the darkness that sin kills us. You are called to walk into the light and kill sin before it kills you and everything you hold dear. Sin leaves a legacy. Your sin today will affect your great grandchildren. How can we escape it?

The only way you can find freedom is in the grace and mercy of Jesus Christ. Since nothing is hidden from his eyes, everything you seek to hide is visible. Having already seen all the sin you'd every commit in your life, Jesus died for you (Rom 5:8). How can you be an honest person? You must understand that you are forgiven and loved. Forgiven people have no reason to be ashamed. Jesus saw it and forgave it. What Christian can overturn the judgment of God?! Who are they to condemn you for sinning if there is now no condemnation in Christ Jesus (Rom 8:1)? How can you escape fear? Scripture says perfect love casts out fear (1 John 4:18). You will never love perfectly in this life, but you have already been perfectly loved by God. We receive the grace of God by faith (Eph 2:8). We believe that God loves us. Therefore, we cannot walk in fear. Men and women of faith do not walk in fear. So, I urge you brothers and sisters, choose honesty over self-protection. Letting your guard down in this GO Group might be the most godly thing you do all year. Your leader has been charged to be an open book with you, but now it is your turn (2 Cor 6:11). In every meeting moving forward, “Highs” and “Lows” will be replaced with a time of confession. If you have sin in your life, confess it and pray for one another. If you have temptation that is haunting, put out the fire before it burns you. Rally together in the light. Fix your armor.

Bind up your wounds. Do all of it in love. If you have questions on what that looks like, return to the Group Covenant on page 4.

There is one caveat to honesty within this GO Group. Some of you have gone through some great tragedies in your life. Maybe it's been death, infertility, abuse, or suicidal thoughts. In such cases, you must understand that nonprofessional church members cannot provide the level of support you need to flourish. So if your marriage is in absolute chaos right now, you might need to step away from GO Groups for a season and get into a recovery ministry. If it is deep grief, you might consider going to GriefShare for a season and coming back to GO Groups. If it is suicidal thoughts, let's get you professional help with a biblical counselor. Such issues might be outside the scope of this GO Group. If you think this might be you but are not sure, talk with one of the ministers on staff. When you break your leg, you don't sign up to run a race. GO Groups is like a marathon. Let's get you to the hospital and fixed up before we do further damage to your soul. When you are healed, we can try again.

## step 4 GO TIME!

Now, here is your GO for the week:

1. Continue faithfully in your plan for reading God's Word and praying.
2. Commit to confessing your sin with total honesty within this group. Start right now if there is something weighing on you.
3. Resolve to let this group hold you accountable to hating and killing the sin in your life. Be teachable and honest within the safety of this group.

## step 5 END GROUP WITH PRAYER

### NEXT MEETING OBJECTIVES

Take the spiritual gifts assessment in Step 3 of Meeting 6 (pg 38-42) before next meeting.