



Overcoming Substances

Pastor Derek Sanford

April 30, 2017

Life Group Discussion Questions:

1. Thinking back on this week's sermon, was there a particular point or passage that challenged you, confused you, or caught your attention?
2. Derek said, "Jesus created a culture of compassion and help for those who are struggling—it's called the church. From its inception the church is meant to be a hospital for the broken, not a museum for the righteous." How have you experienced this in your church life?
3. Derek began his message with "good news" (gospel)- "Jesus hasn't left us in our brokenness—but He came and died and rose again so that we might have life in Him." Take some time now and reflect on the good news in your lives—what has He saved you from, saved you out of, what is He saving you through right now? Consider stopping to praise Him in prayer right now for the testimony shared by your group.
4. Derek defined addiction as "losing your freedom." Read **Galatians 5:1** and **1 Corinthians 6:12**. At what point do we lose control and become enslaved, addicted, to some THING?
 - a. Your responsibilities begin to suffer
 - b. You're building a tolerance
 - c. You are unable to cut back
 - d. You take greater and greater risks
 - e. Your behavior changes
5. Read **John 5:2-9**. "It takes faith to leave the familiar." The longer the problem persists, the more discouraged you become, the more excuses you make, and the more you compensate for that problem. Discuss these statements in light of the lame man's story. Then consider how you have tried to handle life's problems/addictions in this way.
6. Do you want to be healed?? "You need a power greater than your will-power. You need the Risen Christ! Christ has made you for freedom."
7. How do we guard ourselves from sin and addiction? Read **Galatians 5**

Next Steps: Do the NEXT RIGHT thing: Night of Hope (every Monday at Grace MCK) – Celebrate Recovery (weekly), Daniel Plan (starting soon); meet with a pastor or counselor; reach out with love, care, grace to someone struggling (**Galatians 6:1-3**)

Prayer Thought: PRAISE God for His Son and the freedom with He bought for us with His death and resurrection. CONFESS the areas of addiction or sin in your life, where you have enslaved yourself to a lesser thing. THANK Jesus that He created you for freedom and that He is the healer and that there are people nearby who want to encourage and help you climb out of the pit. ASK Jesus for courage, for strength, for His Spirit to lead as you take the next right step.