

LIFE GROUP GUIDE

Soul Detox

Week 1: Toxic Influences

GOALS

- To spend some time discussing and thinking more about how our soul health is impacted by external influences
- To consider God's heart for our soul's health
- To consider and internalize the offer of healthy living

TIPS

- Watch your time and leave out questions if needed
- Make sure there is enough time at the end to pray together as a group

HEADLINES

Soul Detox Series:

It is a popular and worthwhile phenomenon to give thought to the things in our lives that are causing us to be unhealthy. Fad diets such as Banting, Paleo, Whole30; Pop exercise regimes like HIIT, CrossFit, Pilates; apps like MyFitnessPal and Run, Zombie, Run are all the rage. New promises for a new and better you in just 4 weeks or less. But how often do we consider the health of our internal life? What we are feeding our souls a steady diet of. This series aims to do just that. Covering toxic influences, thoughts, emotions and relationships and what wisdom Scripture gives us on how to remedy and deal with toxicity in these areas, we will be exploring how to get fit and healthy on a soul-ular level for the next 4 weeks.

PRAYER

Father God, thank you for bringing us back together this evening. Open our hearts to you and to each other. Please reveal to us more about how you desire our lives to be lived and blind-spots we may have around influences. Please reveal yourself to us and help us to grow in community. Amen.

DISCUSSION

1. Who or what has been one of the biggest influences in terms of your work-life? What about influences for your favourite hobby? Who or what has impacted you most?
2. On Sunday we heard about toxic influences. Did anything stand out for you in the message? Any points that seemed new or you hadn't thought of before?
3. The 3 toxic influences were: stuff brings satisfaction (materialism), gratification brings satisfaction (cravings), and satisfaction is deserved (whatever makes you happy). Which of the 3 do you think you are most prone to being influenced by?
4. How does it play out in your life? (Life Group Leader: this is a good opportunity to grow in vulnerability and community, be prepared to lead the charge in this section).

Someone read the following scripture: Matthew 4:1-11

5. What things did Satan use to try and influence Jesus? (hint: material needs, safety, identity, acceptance, power, the potential of getting the world without the pain of the cross/gain without pain). What do you think the equivalents are for you specifically in your lives?
6. Each time the devil uses an influence, he targets Jesus identity 'if you are the Son of God ...' – in what way do you think your identity is targeted by toxic influences? Where do you think your identity is vulnerable to being influenced?
7. What do we learn from Jesus' response in combating toxic influences and temptations?
8. What steps have you decide to implement as a result of Sunday and this evening?

PRAY

Spend some time praying for each other around some of the areas you struggle with.

To end prayer: Lord Jesus, thank you for your cross. Thank you that you stood up to every temptation and influence to give us a new identity in you. Make this identity real to our hearts and minds. Help us grow more in you as we leave tonight and keep us safe until we meet again. Amen.