



WEEK Sep 19–25

**NOTES:**

- **Strongholds might be broken this week so be prepared to share and receive others in love.**
- **Because of the topic it is a good week to split by gender.**
- **Remember that this is a safe space to be honest and vulnerable and do not share anything outside of group that was shared with you.**

**MAIN IDEA**

God created us to crave and desire, but he wants us to find our true satisfaction in him alone.

**CHECK IN (HIGHS & LOWS)** 15 min

A great, quick way to catch the highlights of what is happening in the lives of the people in your group is to take turns quickly sharing the “highs & lows” of your week. High: What was the highlight of your week? Low: What was the low point of your week?

**SETTLE IN (ICE BREAKER)** 10 min

1. Describe a time you experienced a really strong craving for something?

**DIG IN (UNDERSTANDING)** 15 min

2. Read 1 John 2:15-17. V. 15 – What does John mean when he talks about the world in these verses? Why is he so cut-and-dry when he says the love of the Father isn’t in us if we love the world? What things does the world offer you on a regular basis (i.e., what lies do you hear that promise you satisfaction outside of God)?
3. V. 16 – How does John further break down what the world offers us (read this verse in a few different versions)? Of the three categories he mentions, which one is the loudest for you? Is it bad to have cravings or desires?
4. V. 17 – What final thing does John tell us about the world? What is the answer to how God wants us to satisfy our desires? What does that look like practically?
5. Read Proverbs 27:20 and 23:31-35. What insight do these verses give us into why humans tend to indulge desires with wrong things? Has numbing something painful ever led to an addiction in your own life?
6. Read Romans 6:16 (optional: read to the end of the chapter). What truth does the word “choose” point us to in this verse? What tools has God given you to overcome an addiction that you need to grab hold of (Holy Spirit, body of Christ, his Word)? Are there other practical steps God is asking you to take to break the power of an addiction?

**GEAR UP (APPLICATION)** 20 min

7. What have you learned or re-learned about God today?
8. How is He asking you to apply biblical truth to your life this week? Is there a specific application?

**STEP UP (HOMEWORK)** 5 min

9. Continue to devote yourself to God’s Word together. This is a great devotional about depending on God alone. <https://www.bible.com/reading-plans/21715-i-depend>
10. Sometimes our recovery needs a more committed plan and our church would be happy to set you up with a counselor or Celebrate Recovery to help you take those steps. Just contact the church office for more information.