



Fight for Freedom | Week 2 | Doug Wekenman | 2.10-11

Weekly Study

SHARE

Rate your week on a scale of 1-10. Why did you choose that number?

What is one word you would use to describe how you are feeling about this relationship series so far? Explain that word to your Group.

If this is your first time meeting, take some time to get to know each other by answering these three questions.

- 1. How did you end up at Red Rocks Austin?**
- 2. Why did you decide to join a Group?**
- 3. What is one thing you are hoping to get out of this Group?**

GROW

Welcome to Week Two of Relationships, Biblical Strategies. When asked what the greatest commandment is in Matthew 22, Jesus said:

“Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.” (Matthew 22:37-39).

According to Jesus, the second most important thing about our lives is how we treat others—our relationships matter.

Ever since the Garden of Eden, Satan has been trying to infuse our world with bad strategies for relationships. We see the fallout everywhere, from breakups, to bitterness, to baggage. In this series, we are learning to trade in bad strategies for Biblical Strategies.

Take a moment and talk about your initial reaction to this week's sermon. What was your biggest takeaway?

Read Romans 8:1-8

What stood out to you from this passage?

This week, Doug talked about sex. Sex is a beautiful, God-given gift designed for the context of marriage. Unfortunately, the world has a lot of bad strategies for sex. For example, expecting pornography or any form of sex outside of God's design to fulfill you and give you what it promises is a bad strategy. It doesn't work. Pornography promises fulfillment but leaves you feeling further isolated and alone.

Dr. Satinover recently said it this way, "It is as though we have devised a form of heroin, 100 times more potent. Usable in the privacy of one's own home and injected directly into the brain through the eyes."

The world preaches patterns for love and intimacy that sound good on the surface but end in heartbreak and pain.

And so what do we do? How do we move forward? The first thing we have to realize is that shame is not helpful. The starting point for this conversation is memorizing Romans 8:1.

"Therefore, there is now no condemnation for those who are in Christ Jesus."

Do you ever have a hard time believing Romans 8:1 is true about you? If so, why do you think that is?

Do you ever experience shame or condemnation around the topic of sex? Take a moment and think about where that comes from. If you feel comfortable, share it with your Group.

M O V E

Read 1 Peter 5:6-11

What stuck out to you from this passage?

What do you think it means to "Humble yourselves under God's mighty hand?"

In his sermon, Doug explained what he calls “The Love Cycle.” Whenever you feel any temptation to fall back into lust, the Love Cycle is a way to realign with God’s love and design for you. Here are the four steps in the cycle:

#1: Live in the Light

#2: Get some Vision

#3: Live Unreasonably

#4: Lean into God’s Love

#1: Live in the Light

God can’t bless who you pretend to be. If you want to live free, you have to be willing to talk to people you trust about the things you are struggling with.

Ephesians 5:8 says, “For you were once darkness, but now you are light in the Lord. Live as children of light.” Darkness is the enemy’s playground, but confession equals freedom!

Not everyone needs to know what you are going through, but somebody should.

Do you have a person in your life you can talk to about the things you are struggling with?

#2: Get Some Vision

Do you have a vision for the person you want to be? Do you have a reason to fight for freedom? The Bible says, “Where there is no vision, the people perish” (Proverbs 29:18). You need a goal, a dream, and a vision for the person you want to be. Fighting for freedom means you may go through withdrawals or have some difficult times; in those moments, you are going to need a vision for the future. You need a reason to keep fighting.

Purity is not for the faint of heart. But with a little bit of vision and a little bit of purpose, you can get there!

Do you have a vision for the person you want to be this time next year?

#3: Live Unreasonably

The third step is to go to great lengths to live free. If you want to fight for freedom, you have to be ready to live unreasonably. In the passage you just read, Peter calls us to “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour” (1 Peter 5:8).

The enemy is always coming after us, trying to take us down. Our job is to stay alert, to stay on guard, and to flee from sexual immorality.

#4: Lean Into God's Love

The final step is to lean into God's love. John was known as The Apostle of Love because he would write things like this. "Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God" (1 John 4:7, ESV).

Notice how John begins that verse; he calls us "Beloved." He begins by reminding us that we are loved; he invites us to lean into love. And then, from that place of love, calls us to go love others.

The order matters. If you want to live free this week, the starting point is remembering that God loves you!

Which of these four steps comes the most naturally to you? Why do you think that is?

Which of these four steps is the hardest to follow for you? Why do you think that is?

What is one practical step you can take today to remind yourself of the love cycle this week?

How can you as a group support each other in applying biblical strategies in your relationships?

P R A Y

Go around the room and have each person share a prayer request. Have every person pray for the person on their left, and continue to pray for that prayer request throughout the week.