

Overcoming Set-Backs

Our Spiritual Battle Part 2
July 10 & 11, 2010

Proverbs 24:16

Though a righteous man falls seven times, he rises again, but the wicked are brought down by calamity.

How to Overcome Set-Backs in the Spiritual Battle

1. C _____

1 John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Confession is a big deal because God wants us to deal with the issue of denial

Psalm 51

(God) desires truth in the inner most part of our life.

Word about Remorse, Emotions & Repentance

While repentance is *often* accompanied by outward signs of remorse, remorse is *not* the same thing as repentance. Repentance *can* occur without the outward signs of emotions & we must be careful of judging motives of the heart. Instead, God looks for the *fruit* of repentance.

2. A _____

Difficulties accepting God's grace

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"Lord, today I accept the forgiveness and cleansing you provided through Jesus who died for my sin. And I give up the right to punish myself for my sin, or do something good to make up for my sins"

3. R _____

The **Burial Piece** of the Gospel

Ephesians 4:22

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires...

4. R _____

The **Resurrection piece** of the Gospel

Romans 12:1

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God -- this is your spiritual act of worship.

Questions for Personal Reflection And Group Discussion

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Proverbs 24:16

Though a righteous man falls seven times, he rises again, but the wicked are brought down by calamity.

1. Discuss the difference between spiritual maturity (a life-time goal) & spiritual freedom (*obtained in a relatively short time).

*Spiritual freed is gained as we:

- Recognize lies we have believed & replace them with truth,
- Deal with the guilt & pollution of sin,
- Expose spiritual bondage to the light of God's grace

2. It can be difficult to accept forgiveness. When you think of the main obstacles to accepting forgiveness from God, what comes to mind? Discuss a few of the following reasons suggested....

- Having a performance-based mentality
Consider the statement... *"It's easy to program yourself for failure when you're on a performance treadmill"*.
- Being disappointed in self & or shame
- Hopelessness we can change
- Continual reminders of failure
- Surrender
- Others?

3. Rebounding from sin is a critical life skill; it's *part* of the maturing process for every believer. But even before this, we must first grasp our new identity in Christ. Take a moment and look at John 1:12; Galatians 4:5-6; 1 Peter 2:9-10. What is God saying to us about our true identity in Christ?

4. Pastor John laid out a 4-step process for spiritual recovery. This process includes

- Confession (talk about it 'straight up'),
- Accepting God's grace (Grace=forgiveness, cleansing, and empowerment),
- Renouncing "Putting off" (Colossians 3:8; putting off old sinful habits or practices), and
- Rededication "Putting on" (Colossians 3:10 recommitment to new practices).

Share experiences from your own life where you've experienced victory by taking these steps.

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4. Pastor John laid out a 4-step process for spiritual recovery. This process includes

- Confession (talk about it 'straight up'),
- Accepting God's grace
(Grace=forgiveness, cleansing, and empowerment),
- Renouncing "Putting off" (Colossians 3:8; putting off old sinful habits or practices), and
- Rededication "Putting on" (Colossians 3:10
recommitment to new practices).

Share experiences from your own life where you've experienced victory by taking these steps.