

Deliver Us: The Truth Will Set You Free

November 5, 2023

D E L I V E R U S
life in the victory of jesus

Begin with Prayer

In silence, invite the Holy Spirit to guide you. Then pray:

Empowering God, we pray that you will send your Holy Spirit to move us to understanding; to help us to believe the gospel; to give us strength and wisdom to live by it. Amen. (Worship Sourcebook Q.3.5.8)

Reconnecting and Debriefing

Take a moment to check in with one another (2 minutes each).

1. *What is the best book you have ever read?*
2. *What do you do to "clear your mind"?*

Introduction

Whether we gather in person or online, our goal remains the same: to be a people apprenticed to the life of Jesus. His life and teaching is our example and our source of truth. Remember the commitments we make to each other to foster safety and freedom as we pursue spiritual growth together:

- Whenever possible, please listen to the sermon prior to gathering (Sunday or online).
- While we are meeting (even online), commit to focussing rather than multitasking. Be all here.
- Give every person an equal opportunity to share, even if it takes time to form or finish their thoughts.
- Be respectful and non-judgmental.
- Honour sharing boundaries z Honour sharing boundaries (only what you have permission to share, no gossip) and guard confidentiality (what we share here stays here).
- Don't try to fix, problem-solve or rescue; keep pointing one another to the truths of the gospel for our lives.

Listening to God's Word

In our culture, we are bombarded with information, with countless opinions about relationships, the world around us, God, and the meaning of life. The apostle Paul says that what we set our minds on shapes how we live, suggesting that our minds can often be set on wrong ideas (Romans 8:5-8). These are often lies planted by the enemy, and when these lies take root they can lead us down harmful paths. In claiming to be "the way and the truth and the life" (John 14:6), Jesus offers a solution to the lies about life that the enemy deceives us with.

Small Group Discussion

Read John 8:31-47. Then discuss together:

- ***What is your first thought when you read through this passage?***
- *What wrong beliefs was Jesus correcting?*
- This interaction occurs between Jesus and "the Jews who had believed him." *Why would Jesus call those who believe in him children of the devil?*
- We often use the language of being "led astray" by false ideas. *Have you ever literally been led astray, such as hiking the wrong trail or being given wrong directions? What did that experience feel like?*
- Dallas Willard defined "ideas" as "assumptions about reality." Take some time to reflect on your core "assumptions about reality," then share with the group. (Think of phrases like "The point of life is...", "God is...", "The world is a good place when...", etc.)
- *How do ideas we believe impact the way we live our lives? How have you seen this in your own life?*

John Mark Comer suggests that the best lies are 95% true, with the 5% that is false being the most devastating. This helps make them credible on the surface, but with a deceptive nuance.

- *Where have you seen or experienced an idea that seemed innocent become destructive?*
- *Are there any false ideas you have believed about God, yourself, or the world, that you struggle to stop believing?*

Read Romans 12:2 & Philippians 4:8-9.

- *What thoughts do you often find your mind drifting to? How do you feel about that?*
- *How do you change what occupies your thoughts? If you find it challenging, why do you think that is?*
- *What true, pure, lovely, and excellent things would you like your mind to be filled with? How might these things shape you to be more like Jesus?*
- ***How do you sense the Holy Spirit calling you to respond to or act on what we have read and discussed?***

This Week's Practice

Breath Prayer: Jesus' response to temptation was to speak the truth of Scripture. This serves as a model for us to follow, combatting the lies of the enemy with the truth of God.

Below is a list of biblical truths about ourselves and God that directly counter the lies of the enemy. In your group, have one person read the list slowly and out loud. You can also return to this list individually throughout the week. As you read it slowly, choose one or two that stand out to you.

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| • I am God's beloved child (John 1:12) | • I am Christ's friend (John 15:15) |
| • I have been justified (Rom. 5:1) | • I am united with the Lord (1 Cor. 6:17) |
| • I have been bought with a price (1 Cor. 6:19-20) | • I am a saint (Eph. 1:1) |
| • I have been adopted as God's child (Eph. 1:5) | • I am forgiven of all sin (Col. 1:14) |
| • I am complete in Christ (Col. 2:10) | • I am free from condemnation (Rom. 8:1-2) |
| • Nothing can separate me from God's love (Rom. 8:35) | • I am a citizen of heaven (Phil. 3:20) |
| • I am the salt and light of the world (Matt. 5:13-14) | • I am a branch of the true vine (John 15:1-5) |
| • I am God's temple (1 Cor. 3:16) | • I am God's workmanship (Eph. 2:10) |
| • The Lord is my shepherd (Ps. 23:1) | • I can approach God with confidence (Eph. 3:12) |

Then take a slow, deep breath, saying the phrase to yourself as you breathe. For example, (*inhale*) "I am God's" (*exhale*) "beloved child," or, (*inhale*) "Nothing can separate me" (*exhale*) "from God's love." Repeat this several times as the truth slowly sets in. These short phrases can be helpful to memorize. Return to these in any moment throughout the week, particularly as you find yourself wrestling with a lie from the enemy. *If trust is established in your group, share what truth you chose and what lie it combats.*

Caring for One Another

- *Suggest a prayer request that is related to the topic we've discussed.*
- ***Do you or your family have a need that the Life Group can help meet?***

Using **the Lord's Prayer (Matthew 6:9-13)** as a guide, based on what you've shared together, spend time listening to God and praying for one another.