

# HOPE FOR EXILES

Week One | The Flesh | 11.06-07.2021

**Grow Deep Conversation Questions:** Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90-minute group gathering.

**Message Recap:** We can't believe what the Bible says about us and what the world says about us at the same time. There is a tension between our dueling realities; we are made in God's image with infinite dignity, value, and worth and broken, unable to save ourselves, that's a job only God can take on. Together we will look at how we stay on guard from its influence without forgetting God's power in our lives?

## » Opening

(3 minutes)

- Introductions - This is especially important if this is your first meeting and if there are new members.
- Housekeeping - Clarify expectations:
  - Remind your group that this is a confidential meeting.
  - **Remember, there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - Open your time together in prayer.

## » Introduction

(12 minutes)

- Ice-Breaker: What's your favorite before-dinner snack?
- Digging Deeper: Which appetite are you feeding? Are you making the same mistake in your spiritual life? Where are you sacrificing what you want for what you want now? Are you spoiling your spiritual appetite?

## » Observation | Read James 1:13-15; Romans 8:5-13; Galatians 5:19-23

(12 minutes)

- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

## » Key Principle | An enemy and an ally are closer than you think.

(12 minutes)

- When everything around us is telling us to 'live our truth' and 'follow our heart,' where do you feel that pressure in your life? Family? Career? Social norms?

## » Check the Mirror | Reread James 1:13-15

(12 minutes)

- If you're honest, what are the areas and impulses that you know aren't good and need to be surrendered to God?

## » Challenge Your Mindset | Reread Romans 8:5-8

(12 minutes)

- What does "putting to death" the flesh mean in your life without being someone who hates themselves or rejects any good in who you are?

## » Choose Your Fruit | Reread Romans 8:9-13; Galatians 5:22-23

(12 minutes)

- What areas of God's Spirit and the fruit that flows from Him do you need to pursue and pray for today? How can others help?

## » Next Steps and Prayer |

(15 minutes)

- Phil gave two practical steps to put into practice right now. Two practical steps - start your day with God, NOT gadgets; spend time each day this month writing down and reflecting on everything you have to be thankful for, go beyond stuff and circumstances.
- Close by praying for each other to reflect on the ways you are submitting to your flesh instead of God's Spirit and how to turn back.