



## Small Group Questions

### Part 4: Breaking Free

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## Read

2 Corinthians 11:3; Job 5:7; James 1:8; 1 John 5:21; Isaiah 6:8; Eccl. 4:12; 1 Peter 5:8

## Reflect

We go through painful times in our lives that can seriously challenge our faith—or may even prevent us from believing and trusting God in the first place. How we respond can make all the difference. We need to work to maintain our mental health just as we do our physical health. Dr. Tim Clinton helps us identify and understand how unresolved hurt can lead us into a downward spiral in worsening stages.

1. Attacked
  - a. Do you feel that you're losing your sincere devotion to Christ? Explain.
  - b. If you are a believer, what is making your life in Christ difficult right now? How is the enemy attacking you?
  - c. If you are unsure of your belief, what hurt or habit might you be holding against God?
2. Angry/Anxious
  - a. Do you believe God is for you or against you? Explain.
  - b. What are you most afraid of? Have you given that burden to God?
3. Aloneness
  - a. When going through a hard time, do you tend to disengage from others? How do you respond?
  - b. Ask a friend or family member how they would say you react when something hurtful happens.
  - c. Have you identified small concrete ways to help prevent yourself from disengaging?
  - d. Are you turning your anger inward? Do you sometimes tell yourself that nobody cares or understands?
4. Alienated/Arrogant
  - a. Have you ever attributed motives to someone, and then found out it really had nothing to do with you? Or has someone done that to you? What did you learn from the experience?
  - b. Do you know someone who is depressed and hard to be around? How might you be reinforcing their feelings of alienation? Have you found a balance of helping them while not being taken advantage of, yourself?
5. Adulteries of the heart (idolatry)
  - a. What might you be turning to instead of God? What other things do you use to fill a void or feeling of emptiness? (These may even be good and fun things that are just not in the right order of priority. Ex. work, sports, shopping, etc.)
6. Addiction
  - a. Has something divided your heart or taken hold of you that you can't let go of on your own?
  - b. Have you reached out to someone?

Recovering our hearts often depends on: 1) Affection, 2) Assessment, 3) Awareness, 4) Attachment, 5) Action, 6) Accountability, and helps us become Alive again. Which stage would you say you're on in recovering your heart or deepening your relationship with God? How has God shown up? What are some of your defining moments?

## Respond

What is your next step? Where is God leading you? How can your small group support you?