



## Part 4: *New Will*

### *Submit Your Will to God's Leadership*

#### INTRODUCTION – Where should I ride my bike?

##### Emotional Patterns

Fear (anxiety/panic)  
Anger (bitterness/rage)  
Sadness (depression)

##### Reinforcing Thoughts

"What if?"  
"Someone's gonna pay!"  
"It's hopeless."

##### Habitual choices

Avoid/hide  
Attack/sabotage  
Shut down/give up

#### DINE IN – New Guide: The Leading Spirit

**Romans 12: 1-2; Ephesians 4:22-24**

Matthew 10:37-39; Luke 9:23-25; John 16:13; Romans 6:2, 8-9, 12-14

##### Romans 12 Model

- In community, keep your focus on God's mercy.
- Offer your entire body as a living sacrifice (will).**
- Renew your mind.
- Discover God's best will for your life (will).**
- Use spiritual gifts (prophecy, teaching, encouragement, etc.) to build each other up.

##### Ephesians 4 Model

- Be a community that speaks the truth in love.
- Put off old selfish pattern (will).**
- Renew your mind in the Spirit (mind).
- Put on new self to be like Christ (will).**
- Be a community that doesn't tell each other lies.

- Following Christ means total surrender to God – it starts as a commitment and then requires a process to become real.
- The Spirit guides the entire inside out process, personally and in community.
- God honouring choices happen best within a loving, reinforcing community.
- Your will has the power to interrupt old patterns and start new patterns.
- The focus is not on "just try harder" but think clearly and intentionally replace unhealthy/sinful patterns with God-honouring, healthy patterns.

#### TAKE OUT – Support strategy – Let's make up teams!

- Turn casual spiritual friendships into committed support teams.
- Map out a clear game plan for areas of personal struggle.
- Help each other in a loving, supportive way to make consistently good choices. Remember to focus on support rather than accountability.
- Focus on having a winning season, even if you lose a few games at first.  
**Ephesians 4:15-16; Hebrews 10:24-25**

#### CONCLUSION – Choice habits that honour God

##### Emotional Patterns

Peace/trust  
Love  
Happiness/Joy

##### Reinforcing Thoughts

"I can trust God with everything"  
"I can love because I am loved"  
"I can celebrate that God is great"

##### Habitual Choices

Face fears  
Offer grace  
Share hope

**Philippians 4:4-9**

#### Memory Verse:

For those who are led by the Spirit of God are the children of God. (Romans 8:14 NIV)  
*Note: This is a shorter verse so continue to work on the previous verses this week for the big test in the end. ☺*

Q & Eh? Text 647.330.2789 or email ask@themeetinghouse.ca

#### HOME CHURCH QUESTIONS

##### Warming Up...

- Think of decisions you made as a child or youth. What role did your family or friends play in helping you make those decisions? What lessons can you draw from this?
- Discuss the difference between accountability and active support?
- Who can say the memory verse from last week?

##### Look to the Book...

- Read **Luke 5:17-26**. This paralyzed man wanted to come to Jesus but needed a support team to get there. 1) What would it have taken for you to ask people to carry you? 2) How would you have felt being carried to Jesus? 3) If you were one of the men, what would you be thinking and feeling? 4) What lessons can we learn about giving and receiving support in making God-honoring choices?

##### So What?...

- Group Exercise – Take the basic five step model from Romans and Ephesians. Hand out paper and pencils, and have each person map out a basic game plan for a struggle in his or her life they feel comfortable sharing with the group. Map out each stage in the process: 1) What does community need to speak the truth in love? 2) What behaviour(s) need to be interrupted? 3) What are the clarifying thoughts based on God's truth? 4) What are the healthy, replacement behaviour(s)? 5) What is the ongoing support and encouragement that is needed from community to support the change? Share personal insights you have gained from this exercise. Pray for each other in these areas of need and for God to show you how to truly support each other as you seek to be changed by God from the inside out.

**The Meeting House | Sunday, Jan 30 / Feb 6, 2011 | Tim Day**

Additional resources—notes, recommended reading, online videos, podcasts and more—are available online at [themeetinghouse.ca/teaching](http://themeetinghouse.ca/teaching).