

## MY SECRET —1

### Lying

Tailor the following questions to fit the needs of your group. Start with a **LAUNCH IT** question, then read and discuss one of the **EXPLORE IT** passages. Next, choose one or two of the of **SHARE IT** questions. End by challenging each other to **APPLY IT**.

#### KEY POINTS:

1. Face the truth about your lies
2. God hates lying
3. Truth will set you free!
  - Confess to God and receive His forgiveness
  - Confess to the appropriate people so you will be healed

Satan wants us to:

believe his lies,  
tell lies, and  
live a lie.

#### LAUNCH IT

- What are some of the first things we lie about as children?
- What did your parents do if they caught you telling a lie?

#### EXPLORE IT

1. **Read John 8:31-34, 44.**
  - Who is the author of lies? When we are tempted to lie, to whom are we listening?
  - When we believe a lie, with whom are we agreeing?
  - How does believing Satan's lies lead to telling lies and living a lie?
  - From what does believing the truth set us free?
  - What are some reasons or excuses we make for not being truthful? How are these just more lies we are believing?
2. **Read 1 John 1:5-10.** The apostle John was writing to address the problem of Gnosticism in the church. Gnostics did not believe that Jesus came in the flesh because all matter was evil. For them it was normal to live sensual, immoral lives while practicing mental, religious meditation. John contrasts true believers with the Gnostics 31 times. He is instructing the true believers and appealing to the Gnostics to get saved. The word confess does not mean to ask. It means to agree with God (concerning our sins and His forgiveness).
  - John contrasts light with darkness. What do you think the terms light and darkness represent?
  - What does it mean to walk in the light and what is the result?
  - What does it mean to walk in darkness? How were some people deceived?
  - Why is it important to bring our sins out into the light?
  - Who does not have the truth abiding in him? How do we make God out to be a liar?

- What does God say about our sins (even the ones we commit as a believer)? Is God's forgiveness based on our asking or on our trusting in Christ? (1 John 2:2, 12)
- Once we have brought our sins into the light, how are we to agree with God about them?
- Why does bringing our sin into the light, bring freedom and healing?

#### 3. Read what God has to say about lying in the following passages.

- Proverbs 6:16-17— Why do you think God mentions lying twice? What makes lying so detestable?
- Proverbs 14:25— Discuss how does dishonesty destroys relationships?
- Proverbs 19:22—Why would it be better to be poor than a liar?
- Proverbs 21:6—Give some examples of gaining treasure through lying.
- Proverbs 26:28—How is lying a violation of love?
- Ephesians 4:22-25— How do we lay aside the habit of lying? What are we to put on?
- Colossians 3:9-10—Why is it unnatural for a believer to lie?

#### 4. Read Proverbs 28:13 and Psalm 32:5.

- How does keeping our sins hidden create more problems for us?
- Why is it foolish to try to hide our sins from God?
- What is God's response when we are honest about our sins?

#### SHARE IT

1. As a child, did you lie to avoid getting in trouble, to get your siblings in trouble, or to get your way? As an adult, would you say that you A) lie often B) occasionally, or are you C) living a lie?
2. What are your main reasons for lying? Is it to protect other's feelings, impress others, get what you want, hide your failures or weaknesses, keep the peace, stay out of trouble or something else?
3. Share a time when you lived a lie. What kind of bondage did this bring? What happened when you finally came clean?
4. What do you need to confess? What lie do you need to bring into the light? What truth do you need to agree with? Is there someone to whom you need to confess your sin in order to be healed? What lie(s) keep you from being honest with others?

#### APPLY IT

1. Ask the Holy Spirit to make you aware of any lies that need to be confessed and to whom. If you are living a lie, have your LifeGroup pray for you to have the courage to walk in the light and tell the truth.
2. Practice confessing (agreeing with God) this week: not only agree about your sins and being forgiven but also about who He is and who you are in Christ.
3. Whenever you are tempted to lie, ask yourself, "Why?". Identify the lie(s) that you need to reject and replace it/them with God's truth.

## MY SECRET —2

### ADDICTIONS

Tailor the following questions to fit the needs of your group. Start with a **LAUNCH IT** question, then, read and discuss one of the **EXPLORE IT** passages. Next, choose one or two of the of **SHARE IT** questions. End by challenging each other to **APPLY IT**.

#### KEY POINTS:

##### 1. Satan's cycle of destruction

- Addiction becomes part of your identity
- Failure leads to hopelessness
- Threats to your addiction threaten you
- Loss of friends, money, health, family—further wounds self-esteem
- Ease the pain with another fix

##### 2. Three steps of good advice:

- 1) Can the excuses; 2) Cut the ties; 3) Fill the void

#### LAUNCH IT

- What are some common addictions today that didn't exist fifty years ago?
- Name some subtle addictions that we often overlook or play down?

#### EXPLORE IT

We can be addicted to substances and/or behaviors that we use to escape pain; especially, the pain of being someone we don't like. Our addictions help us to numb, escape, or avoid feelings of inadequacy, insufficiency and hopelessness. Addictions are borne out of a perceived lack of love. It is only God's perfect, unconditional love that can cure the root of our addictions.

##### 1. **Cut the excuses** Read **John 8:34 –36** and **Romans 6:6, 11-14; 17-18**.

- Based on these verses, what hope does a believer have of being free from addiction?
- What has been crucified in the believer and what is the result?
- What does it mean to be dead to sin and alive to God? How would believing this bring freedom from our addictions?
- What makes it possible for us to say no to sin?
- Give some examples of how we might present the members of our body to sin? To righteousness?

##### 2. **Cut the ties**. Read **1 Corinthians 10:12-14; 15:33-34; Romans 13:12-14**

Addiction is really a "worship disorder". Instead of trusting and depending on Christ to meet our true needs and satisfy our hearts, we turn to some *one* or *something* to temporarily satisfy some physical or emotional desire.

- While Moses was up on the mountain getting instructions from God, what did the people turn to and begin to worship?

#### What's mastered you?

Do others say you have a problem?  
Are you hurting others?  
Does it control your schedule?  
Can you go one week without it?  
Is it leading you to isolation?  
Are you trying to keep it a secret?

- What hunger were they trying to satisfy? What evil things did they crave? What ties to Egypt did they need to cut?
- What can we learn from their example as it relates to addiction? In what way is an addiction a form of idolatry?
- What are some ways of escape that God might provide as it relates to addictions?
- How does the lust of the flesh turn into an addiction? How do we "make no provision for the flesh"?

##### 3. **Fill the void**. Read **John 4:13-14; 6:35; 7:37-38; Romans 8:6; 12:1-2; 1 Corinthians 6:12, 19-20, 2 Corinthians 3:17-18; Ephesians 5:17-21**.

- Name some addictions and the physical or emotional desires they promise to satisfy. Example: using food to relieve stress, boredom, or emotional pain.
- How can right worship of God satisfy our true needs and desires?
- What do you think thirst and hunger represent? What point is Jesus trying to make when He says He is our bread and water?
- What voids do we try to fill with external, temporal things? Why do they not satisfy us? What will truly satisfy us?
- What does it mean to be filled with the Spirit? How do we know if we are filled?
- Upon what the things of the Spirit are we are to set our thoughts (Rom. 8:6)?

#### SHARE IT

1. **Share something to which you feel enslaved**. What excuses have you made for this addiction? In what ways has it become a part of your identity? How do you feel about yourself when you give in to your addiction? How have you tried to overcome this behavior?
2. **From what addiction(s) has God freed you? Share your story**: how the addiction started, what problems it created, and how you overcome it. Which do you feel is hardest to break: physical or psychological addiction?
3. What ties do you need to cut in order to be free? What need(s) should you trust God to meet, thereby filling the void? How confident are you that, through Christ, you can be free? What would make your relationship with God be more satisfying?

#### APPLY IT

1. Ask those who know and love you if they see a problem with addiction in your life. Be prepared to listen without attempting to justify or make excuses. Be especially sensitive to how your behavior is affecting others. Confide in someone who you respect that you desire to overcome your addiction through Christ. Give them permission to regularly ask you how you are doing.
2. Identify your addiction and the needs you are trying to meet or the feelings you are trying to numb. Surrender this need to God and start trusting Him to fill these voids in your life. What ties will you cut this week? Each time you are tempted to get a fix, tell God how you are feeling and then, renew your mind with the truth.

# TRANSFORMED BY RENEWING THE MIND

Jesus said, "You shall know the truth and the truth shall set you free." Truth is liberating out believing a lie will affect your life as if it is true even though it is a lie. Read over the following lists of lies and ask the Holy Spirit which lies you are believing. Begin rejecting the lie and agreeing with God concerning the truth. Develop the habit of meditating and thanking God for what He has done for you.

The Lie That Binds You	The Truth That Sets you Free
I will never be free.	Christ <i>has</i> set me free.
I am a product of my past.	The Cross <i>has</i> set me free from my past.
I need to rely on my own understanding.	I need to depend on and acknowledge God in all His ways.
My Heavenly Father is: <i>Distant and disinterested</i> <i>Insensitive and uncaring</i>  <i>Stern or demanding</i> <i>Passive and cold</i> <i>Absent</i> <i>Dissatisfied with me</i> <i>Harsh</i> <i>A kill joy</i> <i>Controlling and manipulative</i> <i>Condemning or unforgiving</i>	My Heavenly Father is: <i>Intimate and involved</i> <i>Kind and compassionate</i> <i>Accepting and loving</i> <i>Warm and affectionate</i> <i>Always with me</i> <i>Approving and affirming</i> <i>Gentle and protective of me</i> <i>Came to give me abundant life</i> <i>Full of grace and mercy</i> <i>Tenderhearted and forgiving</i>
What I do determines who I am	Who I believe I am determines what I do.
I'm a sinner	I'm a lover of God who struggles with sin.
I'm an addict	I'm a child of God who struggles with _____.
God doesn't care about my situation or me and is unwilling or unable to do anything about it.	God is the only legitimate person to trust and worship. He loves me and desires my freedom more than I do.
I am alone and have to win this battle by myself.	Christ lives in me and is my source of strength.

The Lie That Binds You	The Truth That Sets you Free
I am at the mercy of Satan, human-kind and negative circumstances.	God is in control and working all things together for my good. I have nothing to fear.
I have a right to fear the future.	By faith I can choose to give all my cares to God and not worry about tomorrow.
Because of what I've done and what was done to me, I'm an addict.	Because of what Christ has done, I'm free from my past and my sins.
I need to make myself worthy.	Christ has already made me worthy.
I need to merit God's acceptance.	God has given me His acceptance.
I need to achieve righteousness.	I have received Christ's righteousness.
If I change my behavior, I'll change who I am as a person.	If I believe the truth of who I am in Christ, my behavior will change.
I am the problem. I need to change who I am.	I have a problem. I need to know the truth to be free.
The answer is: I must find the right program and work it.	The answer is believing and receiving what God has done.
It is too much trouble to discipline my mind.	Setting my thoughts on God's truth leads to life and peace.
The battle is external.	The battle is in the mind.
I will grow if I attend church and trust in their programs.	I will grow if I know the truth and walk by faith.
The goal of instruction is knowledge.	The goal of instruction is love.
I need to try harder to change.	I need to depend on Christ and walk by faith

Renewing our minds frees us to enjoy and intimate relationship with God. Through abiding in His love we can overcome our addictions to the things of this world. Our need to know and depend on God is on going. Any time we depend on ourselves we become vulnerable to Satan's deception. Believing his lies may affect our performance temporarily but it does not change who we are or what God has done for us.

## MY SECRET —3

### *My Sexual Secrets*

Tailor the following questions to fit the needs of your group. Start with a **LAUNCH IT** question, then, read and discuss one of the **EXPLORE IT** passages. Next, choose one or two of the of **SHARE IT** questions. End by challenging each other to **APPLY IT**.

#### KEY POINTS:

##### 1. Protecting the Wound

- Bounce your eyes
- Capture your thoughts
- Run for your life
  - Destroy your stash
  - End the affair
  - Ensure accountability when traveling
  - Protect your Internet usage
  - Avoid all dangerous places

##### 2. As you protect the wound from further injury, God will heal your mind

#### LAUNCH IT

- In what ways does our society worship the human body and sex?
- What makes it so hard to admit and turn from sexual sins?

#### EXPLORE IT

##### 1. **The Hook:** Read Romans 1:24-28; and James 1:13-17

- According to Romans 1:24, what causes us to turn to the creature rather than the creator?
- Where does pursuing pleasure apart from God lead? Based on these verses, what is the root problem when it comes to sexual sin?
- How is deception involved in getting us hooked into sexual sin? What are some lies we believe that affect our desires and choices?

##### 2. **Bouncing your eyes.** Read Matthew 5:27-29 and Job 31:1

- How did Jesus define adultery? How does it start? When does looking at someone become inappropriate?
- What do you think Jesus was implying by getting rid of your eye?
- If sin is not dealt with, at its inception, where does it lead?
- As a follower of Christ, who has received forgiveness and grace, why are our moral choices important?

##### 3. **Capture your thoughts.** Read 2 Corinthians 10:4-5; Philippians 4:8; Colossians 3:1-7

- All temptation and sinful behavior begins in our thoughts. On a practical level, how do we go about disciplining our thought life?

#### THE HOOK

- You're exposed to sexual impurity
- You sustain a mental injury
- You become sexually confused
- You may experience periods of sexual sobriety followed by sexual binges

- We can't keep bad thoughts out, but we can make a conscious choice to reject and renounce them. On what are we to focus our thoughts? Give an example of replacing a sensual thought with one that is true and glorifies God.
  - How is renewing our minds different from positive thinking?
  - What does it mean to set your mind on things above? What has died in us? Where is our life now found? If we truly believed this, how would we live?
  - How do we put to death that which is worldly? What sexual sins are listed in Colossians 3:4-5?
- #### 4. **Run for your life.** Read Romans 13:9-14; 1 Corinthians 6:15-20; 10:12-14.
- How are sexual sins a violation of the greatest commandment? What deeds are we to put off? Is putting on the Lord Jesus just a matter of changing our behavior? If not, what does this mean?
  - What are we to flee from? Why should we abstain from sexual behavior outside of marriage? What does it mean to be "one spirit" with Christ? To whom do our bodies belong? What power have we been given to overcome sexual sins?

#### SHARE IT

**You may want to separate the men and women during this time of sharing.**

1. At what age were you exposed for the first time to sexually explicit material or information? **Describe your first mental/sexual injury.** (If this is inappropriate to discuss for any reason, pass on this question.) **How did this injure your self-image or identity? How did this damage your view of sex? Your understanding of love (intimacy)?**
2. **From what sexual wound has God healed? Share how He did this and the changes that have occurred in your life.** What would you tell someone who asked you why he/she should give up their particular sexual sin?
3. **What do you need to do to better "protect your wound"?** What do you need to eliminate from your life that contributes to your weakness? How can we, as a LifeGroup, help you pursue sexual healing and freedom?

#### APPLY IT

1. Ask the Lord to give you a healthy and pure perspective of other people, especially the opposite sex. Confess and renounce any wrong thoughts, beliefs and behaviors concerning sex. Ask God to show you the true destructiveness of sexual sins and reveal to you His purpose for your sexuality.
2. Ask God to heal your mind and empower your commitment to eliminate sexual immorality of any kind from your life. Ask Him to pour out His love in your heart so that you love what He loves and hate what He hates.
3. Practice mentally taking captive any distorted sexual thought that enters your mind and replace it with what is true, good, and pure according to God's Word. Spend focused time in praise and worship, filling your mind with God's goodness, grace, and love. Find an accountability and prayer partner who can speak into your life in this area.

## TRANSFORMED BY RENEWING THE MIND

The goal of renewing our minds is to free us to relate honestly with God so He can heal and deliver us from the sins that bind us. Jesus said, "You shall know the truth and the truth shall set you free." Truth is liberating, but believing a lie will affect your life as if it were true, even though it is a lie. Read over the following list of lies and ask the Holy Spirit which ones you are believing. Audibly reject the lie and agree with God concerning the truth. (Example: "It is a lie that I will never be free. Christ has already set me free.") Develop the habit of confessing the truth of what God has done for you, through Christ. By faith, thank Him that you are dead to sin (name specific sin) and alive to God; an overcomer through Christ.

The Lie That Binds You	The Truth That Sets you Free
I will never be free.	Christ <i>has</i> set me free. (John 8:36, 2 Cor. 3:17)
I am a product of my past.	The Cross of Christ <i>has</i> set me free from my past. (Romans 6:6, 2 Cor. 5:17)
I need to rely on my own understanding.	I need to depend on and acknowledge God in all His ways. (Proverbs 3:5-6)
What I do determines who I am	Who I believe I am determines what I do. (Ephesians 4:22-4; Proverbs 23:7b; Romans 1:2)
No one would love me as I am.	God knows and loves me, even though I struggle with sin. (Rom. 8:38-39; John 15:8; Jer.31:3)
I am basically a bad, unworthy person.	I'm a child of God who struggles with sexual sins. ( Rom. 8:1-2; 2 Cor. 5:16-17; 6:16-18)
My needs are never going to be met if I have to depend on others.	God is the only legitimate person who can meet my inward need for love and significance. He loves me and desires my freedom more than I do. (Philippians 4:19; John 7:37-38; Rom. 15:13)
Because of what I've done and what was done to me, I am damaged goods.	Because of what Christ has done, I am a new person that is holy and pure on the inside. (1 Cor. 6:9-11; 2 Cor. 5:17; Eph. 1:3-5; 4:24)
I am primarily a sexual person and sex is my most important need.	I am, first and foremost, a spiritual person and knowing Christ as my life is my most important need. Only He can truly satisfy me. (John 3:5-7; 4:24; Ezk. 36:26-27; Rom. 8:16; 1 Thess. 5:23)
If I change my behavior, I'll change who I am as a person.	If I believe the truth of who I am in Christ, my behavior will change. (Proverbs 23:7b; Romans 12:1-2; 2 Peter 1:3-4)

## CONFESSIONS OF AN OVERCOMER

From Sexual Brokenness

1. I admit that I am powerless to overcome my sexual brokenness through my own self-effort and my sinful lifestyle is destructive to myself and others.
2. I believe that only a personal relationship with Jesus Christ can restore me to purity and heal my brokenness.
3. I have surrendered my life to Christ and will trust Him to transform me by His Spirit and Word, in His time.
4. I have opened myself up to God and I am taking an honest moral inventory of my life.
5. I have admitted to God, myself and to another person the exact nature of my sins.
6. I am ready and willing for God to remove all moral defects from my character.
7. I believe God has forgiven all my sins and is setting me free from sin's destructive power.
8. I have made a list of all those I have harmed and I am willing to make amends with each one.
9. I am committed to growing in my relationship with God through prayer, meditation, and the renewing of my mind.
10. I am committed to ridding my life of external influences that would lead me back into sexual sin.
11. I am committed to being accountable to at least one other person concerning my spiritual life and sexual conduct.
12. Through God's grace and power I will overcome all sexual sins and use my body, soul and mind to glorify God and serve others.

## MY SECRET —4

### *My Secret Shame*

Tailor the following questions to fit the needs of your group. Start with a **LAUNCH IT** question, then, read and discuss one of the **EXPLORE IT** passages. Next, choose one or two of the of **SHARE IT** questions. End by challenging each other to **APPLY IT**.

#### KEY POINTS:

1. Satan's shameful cycle:
  - You experience something deeply *painful*.
  - You connect what happened with *who* you are.
  - You become a *prisoner* tormented by your past.
2. Breaking Free:
  - You can't change the *past*.
  - Christ can change your future.

Satan's wants you to believe:  
What you did is who you are  
What happened is your fault  
You are what you are and you can't change  
Because you're bad, you'd better hide it

#### LAUNCH IT

- What are some of our cultural beliefs or social values that can lead to shame?
- On what basis does the world determine a person's identity and worth?

#### EXPLORE IT

Root of Shame: connecting external conditions with internal self-worth. Shame causes one to hide from God and paralyzes them with fear and self contempt. It drains us of energy and leads us to withdrawal from others. Shame vocalizes the core question, "How can God love me as I am?"

1. **Read about the roots of shame in Genesis 1:27, 31; 2:25; 3:5-10; 21.**
  - Why do you think Adam and Eve tried to hide their nakedness? How did they see themselves after they sinned? What were they afraid God would do?
  - Of what were Adam and Eve guilty? Unresolved guilt leads to shame. What did God do about their guilt? What is God's remedy for our guilt?
2. **Read about God's remedy for guilt and shame: Romans 6:6; Titus 3:5-7; Hebrews 10:14; 12:23b; Colossians 3:3-4.**
  - By what did God save us (Titus 3:5)? In other words, what did God change *in* us when we received Christ?
  - Since God no longer evaluates us based on our behavior (works), on what then are we to base our sense of identity and worth?
  - What aspect of who we are has been made new and perfect?

#### 3. **Change how you think: Proverbs 23:7a; Romans 12:1-2; 2 Cor. 10:3-5.**

- Our beliefs about ourselves don't automatically change. What is our part in renewing our minds?
  - Why is it impossible to permanently change our behavior without changing our thinking? (Remember Craig's football illustration from last week?)
  - Who is ultimately behind our wrong beliefs that produce shame? What are our spiritual weapons to combat this enemy?
  - What does it mean to make our thoughts obedient to Christ?
4. **Change how you see yourself: 1 Cor. 6:9-11, 17; 2 Cor. 5:16-17; Eph. 4:22-24; and 1 Peter 2:6; 4:15-16.**
    - Before Christ, our behavior revealed our inner condition or nature (spiritually dead to God). Now that we are in Christ, what is the basis of our true identity?
    - I still struggle with \_\_\_\_\_ but I am not a \_\_\_\_\_. In Christ I am \_\_\_\_\_.
    - What are we told to put off? How does holding on to our old shame-based identity keep us from experiencing our new identity in Christ?
    - How does being "one spirit" with Christ affect our identity and self-worth?
    - What does it mean to no longer judge someone (or ourselves) by the flesh?

#### SHARE IT

1. What are you hiding that causes you shame? What memories from your past cause you to feel ashamed (that you are a bad person or that something is wrong with you)? How has this affected your identity and sense of worth?
2. What are some shame-producing thoughts with which you still struggle? What is the truth about you, according to what God says?
3. Which has most affected your self-worth in a negative way: what you have done or what someone did to you? What has God done for you in Christ that you need to appropriate? What does God say about you that you need to believe?
4. Do you know someone who struggles with shame, and how can you encourage him/her to believe what God says about him/her?
5. How has God healed you of shame? What produced the shame and what did God reveal to you that changed how you see yourself?

#### APPLY IT

1. If you are struggling with secret shame, confess it to someone in your Life Group and have him pray with you. Accept God's forgiveness and your true identity as His dearly loved and righteous child.
2. What shame-based thoughts do you need to recognize and take captive? What truth about your new identity will you renew your mind with this week?
3. Pray for those in your group who need set free from a shame-based identity.

## TRANSFORMED BY RENEWING THE MIND

The renewing our minds is a necessary part of God healing us from our shame-based identity. Jesus came to heal the brokenhearted, bring freedom to those in bondage to Satan's lies. Read over the following list of lies that relate to shame and ask the Holy Spirit which ones you are believing. Audibly reject the lie and agree with God concerning the truth. (Example: "*I reject the lie that I am not good enough and I accept the truth that Christ has made me righteous.*") Practice daily confessing the truth of what God has done for you through Christ. By faith, thank Him for healing you of your past, for giving you a brand new identity, and freeing you from the shame.

The Lie That Binds You	The Truth That Sets you Free
I am what I am, I cannot change	God has already changed me on the inside and given me the nature of His Son. I now have everything I need to become more like Christ.
I must meet certain standards to feel good about myself	God does not measure me by <i>my</i> performance. What pleases God is my faith in Him.
I am a product of my past	My past no longer defines who I am. Christ <i>has</i> set me free from my past.
I am inferior (not good enough)	Christ has given me His righteousness and made me acceptable to the Father.
What I do determines who I am	My spiritual birth determines who I am. Who I believe I am determines what I do.
I must be perfect to deserve love; no one would love me as I am	God loved me while I was still a sinner, therefore He accepts me just as I am.
I am basically a bad, unworthy person.	God has given me a new heart and spirit. He has made me His righteous, holy child.
I am what others think of me.	God is the only legitimate person who can determine who I am and what I am worth. He chose me and paid the ultimate price for me by dying in my place.
Because of what I've done and what was done to me, I am damaged goods.	Because of what Christ has done, I am a new person who is holy and pure on the inside.
I am a disappointment to God.	God is never disappointed with me because He sees my spirit, which has been made perfect and complete through my union with Christ.
How I look determines who I am and what I am worth.	My body is not who I am; it is merely the vessel that houses my soul and spirit. God doesn't look on outward appearance but on the heart.

## MY TRUE IDENTITY IN CHRIST

The truest thing about me is NOT what I think or feel; NOT what I do or what others think about me. The truest thing about me is what God says! Because I am in Christ I am . . .

- reconciled to God - Rom. 5:1, I Cor. 6:11
- totally forgiven - Col. 2:13
- a new creation - 2 Cor. 5:17, Eph. 4:22-24
- eternally saved - Eph. 2:8, I John 5:11-13
- indwelt by God's spirit - I Cor. 3:16, 6:19
- God's child - John. 1:12; I John 3:1-2
- blessed with every spiritual blessing - Eph. 1:3, Rom. 8:32, I Cor. 3:21-23
- dead to sin - Rom. 6:11, 8:2
- unconditionally loved - John 15:9, 16:27
- precious in His sight - I sa. 43:4
- completely accepted - Rom. 15:7
- absolutely righteous - Rom. 8:10, I I Cor. 5:21
- holy and blameless - Eph. 1:4, Col. 1:22
- of great value and worth - Matt. 10:30-31, I Pet. 1:18-19
- perfect and complete - Col. 2:10, Heb. 10:14
- one spirit with Him - 1 Cor. 6:17
- adequate in Christ - 2 Cor. 3:5-6
- a saint - Eph. 1:1, Col. 1:2
- God's masterpiece! - Eph. 2:10
- Jesus' friend - John 15:15
- free from condemnation - Rom 8:1
- empowered with His strength - Eph. 1:19, Phil 4:13
- being transformed - Rom 12:1-2
- a joint heir with Christ - Rom. 8:17
- never alone or forsaken - Heb. 13:5b
- safe and secure - Ps. 32:7, I sa. 43:1-3
- chosen by God - I Pet. 2:9

MY SECRET —5  
*My Secret Revealed*

Tailor the following questions to fit the needs of your group. Start with a **LAUNCH IT** question, then read and discuss one of the **EXPLORE IT** passages. Next, choose one or two of the of **SHARE IT** questions. End by challenging each other to **APPLY IT**.

He who conceals his sins does not prosper, but  
whoever confesses and renounces them finds mercy.  
Proverbs 28:13

**LAUNCH IT**

- How did the stories of changed lives speak to you, personally?
- What did reading the secret confessions on the web site stir up in you?

**EXPLORE IT**

1. **Read about Jesus healing the man with leprosy in Matthew 8:1-4.**

- Give some examples of modern day lepers? What significance does Jesus' touching the man have.
- What does the man's posture say about the condition of his heart? What kind of attitude do we need to have when we come to God for healing?
- What does the man's statement, in verse two, reveal about what he believed about Jesus?
- What do think were the reasons Jesus wanted the man to show his healed body to the priests?
- Why do you think Jesus told him to "show, but not tell"? In what situations might it be better to "show" than to "tell"?

2. **Read these examples where Jesus healed based on faith in Matthew 8:5-10; 9:1- 8; 20-22; 27-31; 15:21-28.**

- What do these examples all have in common?
- What is the role of faith in our being healed or set free by Jesus?
- In each instance of healing, who exercised faith in Christ?
- How can we see a person's faith?
- Which do you think is more difficult: to believe God for your own healing or for the healing of someone else?

3. **Read the story of one man's deliverance and exposure in Luke 8:26-39.**

- What kind of problems or people do you consider hopeless?
- If you had been one of the disciples, what would have been your first reaction to the demon-possessed man?
- What does this story say about Jesus' concern for those who are experiencing bondage to something or are not in their right mind?
- Was there anything the demon-possessed man could do to free himself?
- What makes a great testimony? What did Jesus tell the man to do?
- How do we give God the glory for our changed life?

**SHARE IT**

1. What experiences led up to you meeting Christ and having your sins forgiven?
2. What is the most amazing story of a changed life that you have personally witnessed?
3. Our testimony is not just about how we were saved and it doesn't have to be dramatic to make an impact. Share a recent example of how Christ has made a difference in your life? Be specific.
4. Share a time when you prayed for or with someone who needed a touch from God? What did you ask God to do? How confident were you that God would answer your prayer?
5. Our problems and struggles are necessary in order for us to learn to depend on Christ instead of ourselves. How has God used your personal failures to teach you this? What is God currently using to teach you dependence on Christ?
6. Is there still a secret sin that you are struggling with? What is it that is holding you back from surrendering this area of your life to Christ? What step of faith do you need to take?

**APPLY IT**

1. Who needs to hear your story of how God has changed you?
2. What can you do this week to be more aware of Jesus' ability to set you free from whatever chains that bind you?
3. Write out your personal experiences of how Christ has changed your life. Pray about posting it on the [mysecret.tv](http://mysecret.tv) web site and/or emailing it to someone you know who is struggling or doesn't have a relationship with Christ.
4. Go on line and read the stories of life change. Start keeping a journal and record the things God *has* done and *is* doing for you.