

Soul Care: The Change Process

Scripture Memory of the Month

*Faithful are the wounds of a friend; profuse are the kisses of an enemy.
Proverbs 27:6*

1) CATCH UP ON LIFE

This is when we update each other on the day in and day out happenings of our lives. Because God is our Father we are family. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)

Celebrate the wins - where have you seen Jesus working in the last week (shaping you to be more like Himself or working in the lives of those that He's put around you)?

What (if any) big life updates do you need to catch us up on (positive or negative)? Are there any practical needs you have right now?

Pray: Take every opportunity to pray and thank God for the good He's doing in our lives, and ask for help and healing anywhere there is pain.

2) DISCUSS AND ENGAGE

Since we follow Jesus we seek to apply the Gospel continually to all of life. God uses His Word to reveal Himself to us, to equip us to live the good life He's designed for us, to show us our sin, and to strengthen us as we follow Him. We preach the Word on Sundays and apply it as a Group throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25).

Take 10-15 minutes on your own and use this chart as a guide to help you determine what bad confessions connected to sin patterns in your life need to be examined. Once you have identified them, write them down (or circle them if they appear on the chart). Then take some time to write a gospel replacement. If you need help, when you come back together to talk through this, your group can help write a gospel replacement and give Scripture to pair with it. When you come together, use the questions below the chart to guide the rest of your time.

Gospel Replacement Chart

Bad Confession	Gospel Replacement	Scripture
Nobody really loves me.	I am loved by the Father.	1 John 3:1
I am shameful, disgusting, messed up, a disappointment, etc.	Jesus bore my shame, there is no condemnation anymore.	Hebrews 12:2, Romans 8:1
I have to get everything done, I can't lose control.	My value does not come from what I do but in who I seek.	Matthew 6:33-34
If I can just have enough money for " _____ ", then I will be okay.	My worth is not in what I own but who I belong to, for this world is temporary and God's kingdom is eternal.	Philippians 4:19, Matthew 6:19-21
No one is telling me I've done a good job/they think I should be doing more.	My approval comes from Jesus, he has called me to work hard for his glory, and I get to rest in his work.	Col. 3:23; Eph. 2:10
I need to change people. I need to fix their problems.	God is sovereign. He changes hearts, he draws people in, he reconciles, and	John 6:44; Romans 8:28; Prov. 19:21

	he works all things out for good for those who love him.	
I am too loud, opinionated, non-emotional, distracted, or [insert description here] to really be used by God.	We have the Holy Spirit within us and he accomplishes his purposes through us by his power.	Gal 2:20; Job 42:2; 2 Cor. 5:17
If I rest, everything will fall apart.	True rest comes from knowing the One who holds all things together when we cannot.	Col. 1:17; Gen. 2:3; Psalm 62:1-2; Psalm 127:2
I need to lead my kids to Jesus and disciple them well or I am a failure.	I get to partner with Jesus in reconciling, but only God has the power to redeem.	John 6:65, 2 Cor 5:21
I am a failure (as a mom, father, wife, husband, friend, daughter, son, person, etc.). I feel like I'm letting others down.	We are imperfect but we serve a perfect, forgiving, faithful, and loving Savior.	2 Corinthians 12:9-10; Romans 8:1
I am alone.	I was purchased into an eternal family that I need to pursue and he has promised me that he will never leave me.	Matthew 28:20, Hebrews 10:24-24
I should give up, I can't keep fighting.	The war was already won through Christ and we can rest in his power to sustain us through our battles.	Exodus 14:14, 1 John 5:4, Romans 8:31-32
I'm a burden.	I am not a burden to Jesus and I get to bear my burdens with one another in my church family.	Galatians 6:2
I am a pretty good person compared to [insert anyone else].	Compared to Christ I am wicked and Christ's righteousness is the only good I point to.	Mark 10:18, Romans 3:10-12
I can't be fully open because if they only knew the truth about me...	God knows the depths of my sin and still chose to save me and promises true fellowship with one another if I walk in the light.	1 John 1:7, 3:20, John 13:35
I am better off dead and gone, I can't go on living.	I am wonderfully made in his image and have value, worth, dignity- my life has value, purpose, and meaning.	Genesis 1:26, Psalm 139:14

What were some bad confessions that stood out and how are they connected to some of the sin patterns you have discovered or learned more about the last couple weeks in this series?

How can you practice these regularly as you are battling sin?

How can your group help you in preaching these to you?

3) REVIEW THE MISSION

Who have you had gospel conversations with this week? Who have you talked to about Jesus this week? How did this go? If you haven't, who do you need to be praying for to have these missional conversations with?