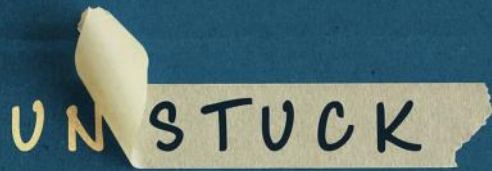


UNSTUCK

Smokey Point Community Church
Sermon Series



Stuck

October 5 & 6 // Tim Quick

TIME WITH GOD: If you don't currently have a Bible reading plan, you can download "Our Time with God" at spcc.tv/resources

REFLECTIONS: Whatever your Bible reading plan is, focus on hearing Jesus and responding to Him as you read. As you spent time with Him in His Word this week, what is something you felt Jesus speaking to you about?



SERMON DISCUSSION QUESTION: Is there something that stood out to you in the opening message to the "Unstuck" series? Did you have any questions?

MY PERSPECTIVE: Tim mentioned having to be rescued because he ventured into the deep end. Describe a time when you found yourself way over your head.

DIGGING DEEPER:

If we only address surface level issues, we'll only experience surface level change.

Read Mark 7:1-23 & Matthew 23:25-28. The Pharisees serve as an example of people who focused on the externals without looking at their heart. Most of us have done the same thing. Why do you think it's easier to stay in the shallow end of externals rather than wading into the deeper waters of the heart?

Stuck

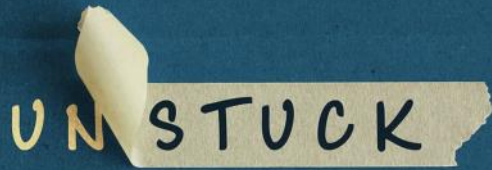
Read Hebrews 4:12-13 Are you satisfied with the motives and intentions in your own heart, or do you hunger for deeper change? Describe one of your heart issues that you'd like to see God change.

MY RESPONSE:

Life change is an interactive, roll-up-your-sleeves, and get messy process. It is a journey of self-reflection, Holy Spirit inspiration, deep wrestling, and surrender. It is a process of discovering ourselves in true community, and discovering God as He pierces through the layers of the heart. Give Him access. Go deep. It's worth the trip.—Rob Reimer, Soul Care

We tend to settle for life in the shallows because looking at the heart can be uncomfortable. How does the idea of examining the issues of your heart make you feel? Are you reluctant or scared? Why or why not?

Will ask God this week to give you the courage to venture into the deeper waters of heart change?



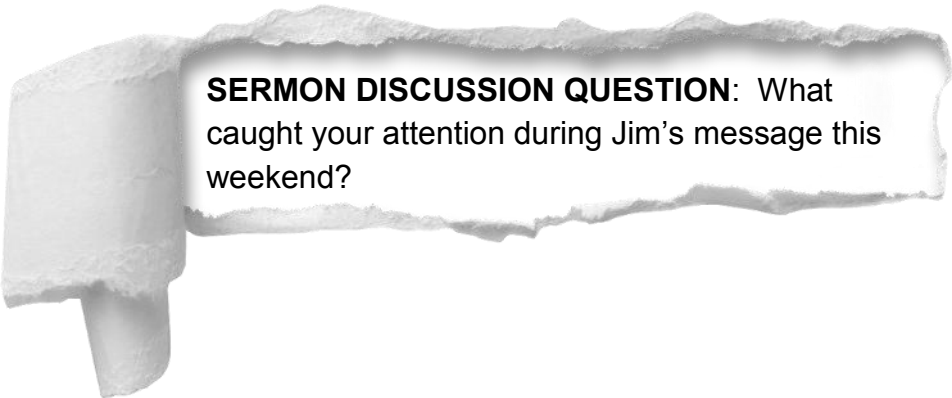
UNSTUCK

Sticky Fruit

October 12 & 13 // Jim Johnson

TIME WITH GOD: If you don't currently have a Bible reading plan, you can download "Our Time with God" at spcc.tv/resources

REFLECTIONS: Whatever your Bible reading plan is, focus on hearing Jesus and responding to Him as you read. As you spent time with Him in His Word this week, what is something you felt Jesus speaking to you about?

A piece of white paper with a torn, deckled edge, appearing to be a scrap or a note. It is positioned horizontally in the lower half of the page. The text is printed in a bold, black, sans-serif font.

SERMON DISCUSSION QUESTION: What caught your attention during Jim's message this weekend?

MY PERSPECTIVE: Joy, peace, and patience are internal heart conditions. Which of these would you like to experience more often? Explain why.

DIGGING DEEPER:

Read Galatians 5:22-23. The fruit of the Spirit is heart level stuff. All of us struggle with the flip side of spiritual fruit, things like fear, worry, impatience, lack of self-control, etc., Describe one “flip side” heart condition you struggle with.

“For freedom Christ has set us free” (Gal. 5:1)

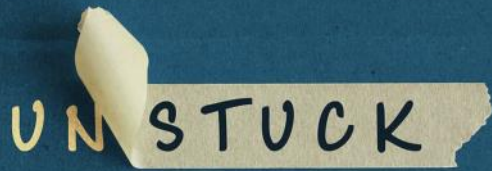
Read Galatians 5:16-25 & Romans 6:1-12. The battle between our flesh and the Spirit is waged in our heart. Wading into the deeper waters of your heart could be scary. How do these verses help you face any fears you have about confronting issues at a heart level?

MY RESPONSE:

God knows if we get our hearts healthy, and rightly aligned with Him, our behaviors will follow. But if we get our behaviors in line without dealing with the condition of our hearts, we will become Pharisees at best. We will be left with dark places in the soul and a life full of judgment, not love. The key is to look at the heart. What is underneath your behavior? Why do you do what you do? What is driving this? When you get to the heart level, you deal with the disease and not the symptoms, you deal with the roots and not the leaves, you deal with the heart and not just the behavior—and it is then that true transformation can begin to take place.—Rob Reimer, Soul Care

How in tune do you think you are with your inner heart struggles? How much of the Spirit's fruit do you experience at a heart level (For example: not just acting patient, feeling patience, or experiencing joy and peace in spite of circumstances)? Do you want God to lead you into the deeper waters of heart-change. If so, write a prayer, committing to follow Him out of the shallows into the depths of true heart-change.

Read your prayer to your Life Group.



UNSTUCK

Unchanged Mind

October 19 & 20 // Jim Johnson

TIME WITH GOD: If you don't currently have a Bible reading plan, you can download "Our Time with God" at spcc.tv/resources

REFLECTIONS: Whatever your Bible reading plan is, focus on hearing Jesus and responding to Him as you read. As you spent time with Him in His Word this week, what is something you felt Jesus speaking to you about?

SERMON DISCUSSION QUESTION: What caught your attention during Jim's message this weekend?



MY PERSPECTIVE: Describe the first thing that comes to mind when you hear the word “repent.”

DIGGING DEEPER:

Read the following verses: Proverbs 4:23; Matthew 23:25-26; Mark 7:15-23. The Greek word for “repentance” is *Metanoia*, meaning *change of mind*. It is easier to remain in the shallow waters of modifying our behavior rather than deal with the heart issues behind our actions. Why do you think that is?

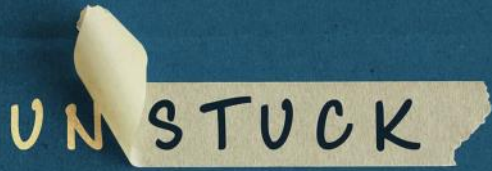
“We need to start asking different questions. We need to stop chasing changes in behavior and start asking, ‘Why do I do that; I’m anxious, why? What am I believing? What do I think is true? What is actually true?’” — From Jim’s message

What we often think we hear from God are words like, “Don’t be anxious!” “Stop being impatient!” Quit being afraid!” Why do you think it’s easier to imagine God’s correction than His reassurance?

MY RESPONSE:

Jesus came into Galilee, proclaiming the gospel of God, and saying, "The time is fulfilled, and the kingdom of God is at hand; repent (metanoia: believe differently!) and believe in the gospel." (John 1:14-15) Biblical repentance is about changing your mind and purpose; it is about changing the way you think...God shines His light into our hearts. He reveals what is there. When our minds, hearts, and behaviors are out of alignment with Him, He shows us the truth. We have, in that moment, an opportunity to get back into alignment. We tend toward inaction, hoping change happens automatically. Transformation requires metanoia: recognizing our false ways of thinking and repeatedly clinging to what is actually true to learn and adopt a new way of thinking.

Name one internal struggle you deal with (worry, impatience, insecurity, defensiveness, apathy, etc.) When you struggle with this, what are you believing? What true thing might Jesus say to you to counteract that belief?



I'm Stuck On You

October 26 & 27 // Jim Johnson

TIME WITH GOD: If you don't currently have a Bible reading plan, you can download "Our Time with God" at spcc.tv/resources

REFLECTIONS: Whatever your Bible reading plan is, focus on hearing Jesus and responding to Him as you read. As you spent time with Him in His Word this week, what is something you felt Jesus speaking to you about?

SERMON DISCUSSION QUESTION: Did God impress anything on your heart through this weekend's message?



MY PERSPECTIVE: Think of the person who knows you best. On a scale of 1-10, how well do they know the inner you, the heart issues of doubts, fears, insecurities, sinful attitudes, etc.?

DIGGING DEEPER: Read the following verses: Ephesians 4:17-25; Colossians 3:12-17 & Hebrews 10:24-25. Think about the Christian community found in these passages. What leads you to remain in the shallow end of surface-level relationships instead of venturing into the deeper waters of community at a heart level?

This weekend you heard about stepping through the door from shallow relationships into true community.

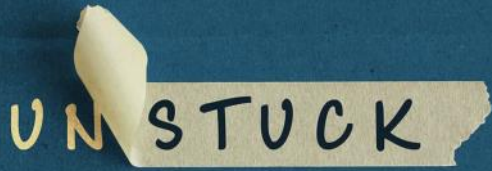
Read 1 Peter 5:5. You died to self-reliance to receive God's grace. What do you need to die to in order to experience the grace God offers you through community?

MY RESPONSE:

Life change occurs in an environment of true community. In true community, people live open, honest, and confessional lives in a culture of grace. There is no hiding or pretending...The enemy of our souls makes honesty terrifying and secrets appealing, but as we walk in the light with God and others we can truly get free. Rob Reimer, Soul Care

*If observing and reflecting are to lead to lasting change, we must invite others into the process with us...in a place of honesty where we are able to challenge each other, share our struggles and experience God's grace and forgiveness. These are trustworthy friends, who will stand with us, pray with us, fight alongside us, but will not flatter us with empty words.—
Building a Discipling Culture*

Last week we encouraged you to identify the beliefs behind your heart struggles. Are you willing to be transparent with others about the issues of your heart? Share any fears or concerns you have about doing this with your Life Group.



Untrue or True?

November 2 & 3 // Tim Quick

TIME WITH GOD: If you don't currently have a Bible reading plan, you can download "Our Time with God" at spcc.tv/resources

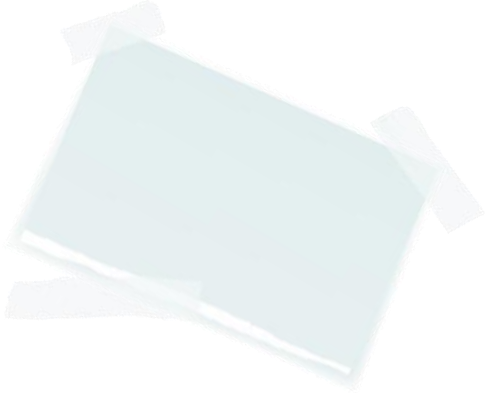
REFLECTIONS: Whatever your Bible reading plan is, focus on hearing Jesus and responding to Him as you read. As you spent time with Him in His Word this week, what is something you felt Jesus speaking to you about?



SERMON DISCUSSION QUESTION: As you listened to Tim's message this weekend, what did God impress on your heart?

MY PERSPECTIVE: Describe one truth about God that has meant something to you personally.

DIGGING DEEPER: Read Galatians 5:1 What are some common lies that, when believed, lead us away from the freedom we have in Christ? Describe one that you tend to fall into

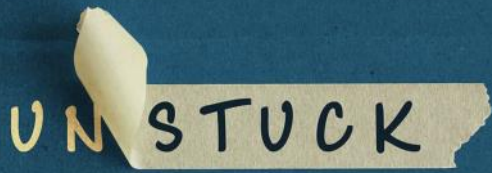


Here are three common lies we believe: **Performance**: my approval is based on it. **Control**: my security is dependent on it. **People-pleasing**: my identity is tied to it. Read the following verses: Isaiah 40:10-31; 2 Corinthians 3:4-6; 2 Corinthians 12:9-10. Describe how truths found in these verses counteract the lies of performance, control, and people-pleasing.

MY RESPONSE:

Your emotions are a great indicator of what is happening at a heart level. As always, the process of building a healthy foundation begins with self-awareness. To change our lives, we need to observe where we are...observing our reactions, emotion, our thoughts. We must be honest in our observations—seeing things as they are—if we are to change inwardly. You have to know the lies that plague you. You can never rise above your self-awareness. That's why the first step needs to be identifying the lies that shape you. To identify these lies, you have to pay attention to the symptoms in order to diagnose the disease. (Soul Care—Rob Reimer)

Control, Performance, or People-pleasing: Of these three, which do you struggle with most? What truth do you need to cling to in order to counteract the lie that leads to your struggle? Find a verse that communicates this truth. (Share this with your Life Group)

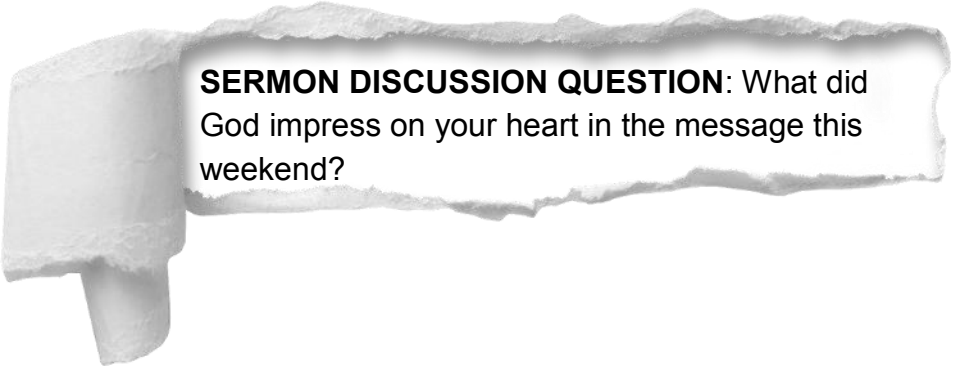


Breaking Free

November 9 & 10 // Jim Johnson

TIME WITH GOD: If you don't currently have a Bible reading plan, you can download "Our Time with God" at spcc.tv/resources

REFLECTIONS: Whatever your Bible reading plan is, focus on hearing Jesus and responding to Him as you read. As you spent time with Him in His Word this week, what is something you felt Jesus speaking to you about?



SERMON DISCUSSION QUESTION: What did God impress on your heart in the message this weekend?

MY PERSPECTIVE: Describe one thing you know how to do, but wished you actually did more often? (i.e. “I know how to exercise,” “I know how to eat right,” etc.)

DIGGING DEEPER:

Read the following verses: Deuteronomy 4:9; Hebrews 2:1-2; James 1:22-25. At a heart level, what would be take for you to “keep your soul diligently,” “pay closer attention,” or be a “doer” instead of a hearer only?

Read John 8:31-32 & Galatians 5:1, & Galatians 5:16-25. Jesus says “abiding” in His word is the condition to being set free by His truth. Knowing the Word isn’t the same thing as abiding in it, or everyone who knows what the Bible says would be set free. How can “abiding,” “standing firm,” and “walking in step with the Spirit” help you move from knowing the truth to actually trusting it in the moment of struggle?

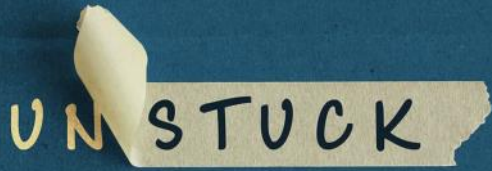
MY RESPONSE:

Look closer at what Jesus actually said in John 8:31-32: "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." It is an if/then promise. If we hold to the teaching, then we will know the truth, and the truth will set us free. It isn't in knowing the truth that freedom comes; it is in holding on to the truth that we are set free. This is the way you renew your mind so that it transforms your life: you must hold on to the truth, precisely at the moment that the lie is vying for position in your heart and in your soul and in your behaviors. The truth of who you are in Christ must be tightly grasped precisely when the lies are threatening to prevent you from becoming who you already are (in Christ).—Soul Care, Rob Reimer

Think of something that might help you remember the truth about Jesus and who you are in Him, when you face the lie this week. Share this with your group.

For the next week, begin each day with a reminder of this truth. At the end of each day, review the day and note where the lie showed up. Pray through those situations and ask God to help you rest in that truth. Share the results next week in your group.





Sticky Practices

November 16 & 17 // Jim Johnson

TIME WITH GOD: If you don't currently have a Bible reading plan, you can download "Our Time with God" at spcc.tv/resources

REFLECTIONS: Whatever your Bible reading plan is, focus on hearing Jesus and responding to Him as you read. As you spent time with Him in His Word this week, what is something you felt Jesus speaking to you about?

SERMON DISCUSSION QUESTION: What stood out to you in Jim's message? Did you have any questions?



MY PERSPECTIVE: What helps you to slow down and “quiet your heart? Share the last time you did that.

Last week we asked you to begin each day with a reminder of the truth you need to cling to, and review the day as it ends. Share how that went with your group.

DIGGING DEEPER:

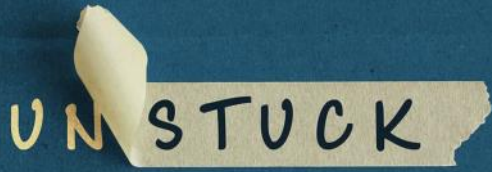
Read the following verses: Read the following verses: Psalm 46:10; Mark 6:30-31, & Luke 10:38-42. Busyness gets in the way of hearing Christ’s voice. Do you feel busy? What external reality keeps you from finding rest at a heart level? What internal thing keeps you from heart rest?

MY RESPONSE:

We're all busier. Much, much busier. It's a lot of work managing all this connectedness. The emails, texts, and voicemails; the pokes, prods, and tweets; the alerts and comments; the links, tags, and posts...Beyond the sheer mental workload, our thoughts have acquired a new orientation. Of the two mental worlds everyone inhabits, the inner and the outer, the latter increasingly rules. The more digitally connected we are, the more we depend on the world outside ourselves to tell us how to think and live. There's always been a conflict between the exterior, social self and the interior, private one. In our lifetime, the balance has tilted decisively in one direction. We don't turn inward as often or as easily as we used to.—Hamlet's Blackberry, William Powers

Create some space for God to reveal Himself and His love to you. This, again, is why time alone with God is so crucial to your spiritual development. Only God can change the heart; you need revelation to experience transformation. Give the Holy Spirit space to speak and reveal His love to you.—Soul Care, Rob Reimer

You can't hear and respond to Jesus' voice on the run. We must slow down to reflect on and respond to what the Spirit shows us about our hearts. Will you make time? What do you need to change in order to invest regular time listening, reflecting, and responding to Christ's voice?



Staying Unstuck

December 1 // Jim Johnson

TIME WITH GOD: If you don't currently have a Bible reading plan, you can download "Our Time with God" at spcc.tv/resources

REFLECTIONS: Whatever your Bible reading plan is, focus on hearing Jesus and responding to Him as you read. As you spent time with Him in His Word this week, what is something you felt Jesus speaking to you about?

SERMON DISCUSSION QUESTION: What did God impress on your heart in Jim's message this weekend?



MY PERSPECTIVE: Thinking back over the last seven weeks, describe one truth that has challenged your heart.

DIGGING DEEPER:

Read the following verses: Romans 8:20-30. “we ourselves...groan inwardly as we wait...” Heart-level groaning invites us into deeper waters. We tend to escape to the shallows and avoid those feelings. What escape do you use to avoid the deep waters?

Read Galatians 5:1; Galatians 5:16-24. We’re in a constant battle between our flesh and the Spirit. What internal battle are you tired of fighting? What aspect of the fruit of the Spirit do you hunger for most (joy, peace, self-control, etc.)?

MY RESPONSE:

The issue of your value is settled at the cross. This is the truth that you must hold on to. This is the truth that you must appropriate every time the lies threaten your security, value, and identity. This is what God has accomplished in you, and what you must hold on to and work out in your heart. This is the foundation that you must build your life on. Upon this foundation you can find peace, love, acceptance, security, significance, and all you need in life...The more you act on the truth, the more the truth will be strengthened in your life. This is a daily process. It is not an event. Shifting your life onto the sure foundation of God's love is going to take time, and there aren't any shortcuts. You have to hold on to the truth with a relentless, steely resolve that will permanently shift the foundation under your feet from a lie to the truth—Soul Care, Rob Reimer

The battle itself is NOT defeat! It's just a reminder that we're not finished yet. The race isn't over, so keep running! If your desire is to stay in the battle, share with your group how they can help you do that.

Notes

Notes



spcc.tv