



# POSTURED

Group Leader Curriculum



## **Conversation Starters:**

- 1.) Can one come to repentance without life changes?
- 2.) What does repentance mean? (It's not a behavior change, it's a mind and heart change)
- 3.) Why is repentance necessary?

Review / Reflect:

Ask your group members to share their favorite points from the sermon, what stood out to them, a phrase or moment from the sermon they related to the most, or question they have. If your members have a hard time remembering, share your notes and favorite points.

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## **Discussion Questions:**

### **Question 1:**

How do we change our hearts and minds?

(Make a mental U-turn – from guilt to forgiveness – from frustration to freedom – from purposeless to purpose – from hate to love – from darkness to light – from hell to heaven.) (Deuteronomy 30:19, Hebrews 12:1)

### **Question 2:**

Are our ministry and spiritual leaders perfect?

No, no one has to fake it or put on a mask of perfection. (Romans 7-21-24)

### **Question 3:**

How many parts of our total being do we have to manage?

1. Soul – (Your Consciousness)
2. Body (Your flesh)
3. Spirit (Born by God by grace through faith and your confession)

### **Question 4:**

What is the purpose for God's presence upon your life?

## **The Cycle:**

1. Freedom – (Loved – set free)
2. Prosperity – (Your life changed and made you better in life)
3. Bondage – (Steward your prosperity to prevent bondage)

How to Break the Cycle:

- 1.) Identify the source. (You can't fix what you refuse to see.) – (James 1:13)
- 2.) Understand the process. (The source is inside of you – be honest with yourself and with God - (James 1:14-15)

The Course of The Cycle:

- 1.) Temptation.
- 2.) Fantasy. (Mental made bigger than what it is)
- 3.) Moving toward sin. (It starts with a step toward the bait. Change your direction)
- 4.) Act of sin. (Now the hook is in you and you're not in control. You're going where sin leads - hidden.)
- 5.) Death – (The end result of sin. We've been designed for life not death.) (Romans 8:1-2)

100% of strongholds come from:

- 1.) Idolatry – (Anything that we allow to sit on the thrones of our heart other than God.)

We are always a slave to whatever is on the throne of our hearts.

## **Apply: How to make a U-turn**

- 1.) Put God first in every area of your life. (Dethrone the God of your addictions)- (Exodus 20:1-3 – love God most) – (1st Peter 3:15) – (Enthroned Christ as your Lord.) Give God the first of everything. – (Relationship, finances, habits, career, everything submits to whoever is first)
- 2.) Say no to the flesh – (Your carnal nature.) (Romans 6:12-14) – (sin shall not be your master)- (Galatians 5:24)- (Crucify the sinful nature. Whatever I starve dies.)
- 3.) Go all in with Jesus. – (Romans 12:2 MSG) – Fix your attention on God. Whatever I feed thrives.

## **Prayer Requests / Close in Prayer**