

# Let's Discuss...Sin

## PART 4\_Guarding, Not Choking



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the video

### Scriptures mentioned:

*Do not get drunk on wine,  
which leads to debauchery.  
Instead, be filled with the  
Spirit...*

Ephesians 5:18 NIV

The Story of Cain & Abel (first  
mention of the word "sin")  
Genesis 4

*...sin is crouching at your door;  
it desires to have you, but you  
must rule over it.*  
Genesis 4:7c NIV

*Finally, brothers and sisters,  
whatever is true, whatever  
is noble, whatever is right,  
whatever is pure, whatever  
is lovely, whatever is  
admirable—if anything is  
excellent or praiseworthy—  
think about such things.*  
Philippians 4:8 NIV

*My son, keep your father's  
command  
and do not forsake your  
mother's teaching.  
Bind them always on your  
heart;  
fasten them around your neck.*  
Proverbs 6:20-21 NIV

### Hey Group Leaders!

Consider this flow for the study time together with your small group:

1. See if anyone wants to share on what came up for them as they reflected on this over the last week:

Many Christians around the world practice some form of a "daily examen". This allows them to prayerfully reflect on their day and the one to come. It is also a good way to incorporate repentance as a regular spiritual practice. Consider trying the Ignatian Daily Examen this week. Take a few moments every evening to go through the 5 R's:

  - » **Relish** the moments you are grateful for from today.
  - » **Request** the Spirit's guidance in reviewing the day.
  - » **Review** the day.
  - » **Repent** of any sin – areas where you missed the mark.
  - » **Resolve** to live well tomorrow.
2. Watch this week's video, **Let's Discuss...Sin PART 4\_Guarding, Not Choking**.
3. Choose a couple of the "Let's Discuss..." questions below to discuss in your group.
4. Go over this week's reflection prompt with your group.
5. Choose someone in your group (try to pick someone different each week) to close in prayer, using the prompt below as a guide. Additionally, see if there are any other prayer requests amongst the group and allow your group members the opportunity to pray for each other.

### Summary

In this conversation, we explore how some things in life can lead to either blessing or sin, depending on how we use them—and how the behaviours and thought patterns that lead to sin can look different for each person. We also discuss practical ways to guard ourselves against sin, like staying accountable to trusted Christian friends and shifting our focus from sin itself onto God's Word and His goodness in our lives.

### Definitions

**accountability:** the condition of being responsible and willing to give account for our actions. As Christians, our accountability to each other helps us to maintain integrity and invites encouraging course correction when needed, leading to healthy, Christ-centred lives and the blessings that naturally follow.

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### Let's Discuss...

- How do you ring fence your life in a way that keeps you from sin but doesn't leave you crushed/wrapped up by the unmanageable burden of too many rules?
- Do you know yourself well enough to recognise behaviour or thought patterns that could lead you to sin? What are some of the guardrails you have or could put in place so that these triggers don't lead you down a path you don't want to follow?
- Paulie says, "Accountability is only as good as you are honest." Do you have anyone you are fully accountable to? What would help you to be completely honest with that person?
- Jonny mentions how after the Israelites had been sent into exile because of their sins against God (see 2 Kings 17:7-23), many religious leaders would burden the people with laws and more laws, in an effort to avoid experiencing the pain of exile again. Consider watching the BibleProject video linked below, **Exile**. They mention how the experience of exile is a biblical theme that runs throughout Scripture.
  - » In what ways does the idea of exile resonate in your own life? Have you ever felt burdened by trying to avoid this experience? How does the gospel offer us a way home, no matter where we find ourselves in life?
- Read Philippians 4:8. How does focusing our mind on things with these qualities help to guard our lives from sin?

### Let's Reflect This Week...

Do you have someone in your life who you are fully accountable to - someone who you are completely honest with and who will give you loving constructive feedback, even if it's hard to hear? If you can't name someone yet, consider who you could entrust with this role in your life and reach out to them!

*Bonus!* As you go through your week, reflect on Philippians 4:8 in light of the idea of exile. Pay attention to what you engage with and the qualities that you are being exposed to through your conversations, activities, entertainment, or even your own thoughts. Do they reflect the qualities in Philippians 4:8, or not? As a result, do they make you feel "at home" in God's presence, or more like you're wandering in exile?

### Let's Pray...

*...sin is crouching at your door; it desires to have you, but you must rule over it.*  
Genesis 4:7c NIV

- Let's pray for a heightened sense of discernment as we go about our everyday lives, allowing the Holy Spirit to show us areas in our lives that seem harmless, but if left unchecked could lead to sin. Ask Him to show us who we could invite to walk alongside us and provide accountability and encouragement as we endeavor to live for Him.

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## Let's Go Deeper...

- **Exile** by BibleProject [video]
- **Accountability // Christian // The Basics** by Ayo Awotona [video]
- **Fighting Shadows: Overcoming 7 Lies That Keep Men From Becoming Fully Alive** by Jefferson Bethke & Jon Tyson [book]
- **Series: Sabbath** by Bridgetown Church [videos]