

## HTCD Home Group Questions

### Sermon Series: Soul Care

#### Sunday 2 June 2019: The soul needs restraint 1 of 8

Resources:

*So I say, live by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law.*

*The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.*

*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires.*

Galatians 5:16-24

(NIVUK)

*"Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul."*

1 Peter 2:11 (KJV)

## The 12 Steps of Alcoholics Anonymous – first published in 1939

<b>1</b>	We admitted we were powerless over alcohol –that our lives had become unmanageable	<b>7</b>	Humbly asked Him to remove our shortcomings
<b>2</b>	Came to believe that a Power greater than ourselves could restore us to sanity	<b>8</b>	Made a list of all persons we had harmed, and became willing to make amends to them all
<b>3</b>	Made a decision to turn our will and our lives over to the care of God as we understood Him	<b>9</b>	Made direct amends wherever possible, except when to do so would injure them or others
<b>4</b>	Made a searching and fearless moral inventory of ourselves	<b>10</b>	Continued to take personal inventory and when we were wrong promptly admitted it
<b>5</b>	Admitted to God, to ourselves, and to another human being the exact nature of our wrongs	<b>11</b>	Sought through prayer and meditation to improve our conscious contact with God...
<b>6</b>	Were entirely ready to have God remove all these defects of character	<b>12</b>	Having had a spiritual awakening as the result of these Steps, we tried to carry this message...

The 12 Steps are presented as a set of principles to guide former alcoholics on how to tackle the problems caused by their addiction, how to make amends, and how to continue in their new lives as recovering drinkers.

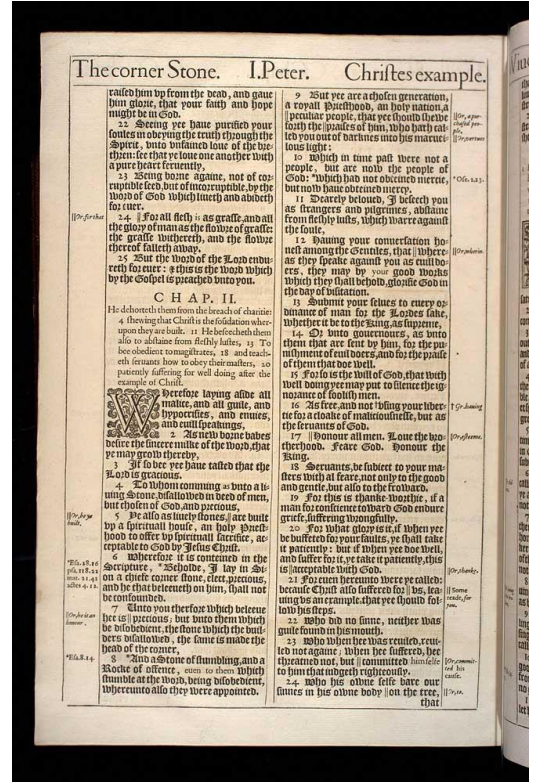
### Questions:

1. How would you describe what a 'soul' is? (see: Genesis 2:7 – in the King James Version this ends with "became a living soul"; Psalms 23:3 & 42:1-2; Mark 8:36-37)
2. Whether or not Peter was addressing the scattered churches around Turkey as 'Dear friends' (NIV) or as God's 'beloved' (KJV) in 1 Pet 2:11, reflect on Peter's description of them in the previous two verses - 1 Pet 2:9-10.  
Discuss whether you honestly feel you fall within those descriptions and whether you feel like God's loved special possession?  
How does it/would it, affect your behaviours if you consciously lived your life as a member of a Holy, chosen people and as a royal priest?
3. Individually, think for a minute about whether you do have any behaviours which damage your relationship with the God who really loves you (sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies...). Then collectively look at the '12 steps' document and discuss whether that model (or parts of it) might be a practical way of helping to restrain the various listed desires which wage war with the soul.

4. Finish by trying to see if every member of the home group can memorise Galatians 5:22-24 – the fruit of the spirit. It's really only 9 words! Have them in your armoury when tempted.



Manuscript of 1 Peter 5 - 2 Peter 1 in Greek Papyrus 72 – 3<sup>rd</sup> or 4<sup>th</sup> century



King James Version from 1611