

PRE-DECIDE

Group Guide
Week 1



HOW TO USE THIS GUIDE

There are four components to a healthy group: Word, prayer, relationships, and reaching out.

In this guide, we will study the Bible in three steps: observation, interpretation, and application.

As the leader of your group, feel free to use whatever parts of this guide most help you do this!

CONNECT BREAK THE ICE AND GET PEOPLE TALKING

- What's the most recent bad food habit you've fallen into?
- What's something you accomplished this week that you're proud of?
- Discipleship check-in:
 - Have you prayed and read your Bible consistently the past week?
 - Who is someone you're praying to share Jesus with this week, and what's one way you can love them well?

INTRODUCTION

Today we're starting a new set of discussions around the term "pre-decide." Here's the idea: Big life decisions are often preceded by small life decisions. And if you want those big life decisions to be good ones, you need the small decisions to be good ones too. We're not talking about life decisions regarding where you work, who you marry, where you live, and stuff like that—important as those are—but about decisions that help you faithfully follow Jesus.

Here's what we're going to look at first: To faithfully follow Jesus, we must pre-decide to resist temptation.

OBSERVATIONS & INTERPRETATION

READ: 1 Corinthians 16:13

In this verse Paul gives four punchy instructions. Each instruction reveals what the war against temptation is like. The better we understand the war, the better we can wage it.

Be Watchful

Explain: This verb is about being vigilant, attentive, awake, on the lookout... which implies that there's something to look out for.

Discuss: Read Matthew 25:1-13 and 1 Peter 5:8. Based on these two passages, what do we need to watch out for? (Hint: There's not just a single answer.)

Stand Firm in the Faith

Explain: "The faith" refers to the teaching of Christianity regarding how a person is saved. In other words, Paul could say, "Stand firm in the fact that you've been made right with God by grace through faith in Jesus Christ."

Discuss: How does "the faith" empower us to say no to temptation?

Act Like Men

Explain: Given the positive way New Testament authors talk about women, it can hardly be the case here that Paul means "act like men as opposed to women." What's more likely is that he means, "Act like soldiers instead of cowards," or, "Act like men instead of boys."

Discuss: What are some apathetic or immature approaches to temptation you can think of?

Be Strong

Explain: This is a passive verb, which means that strength to resist temptation comes to us from God, not from within. Jesus has defeated sin, our flesh, and the powers of darkness through his death and resurrection, which means we don't owe them anything (Romans 8:12). God has also given us the same Spirit by which Jesus overcame temptation in the wilderness.

APPLICATION *WHAT DO WE DO NEXT?*

DISCUSS:

- In your life right now, what do you need to fill in these blanks with: "When faced with _____ situation, I have decided to take _____ action."
- Do you know how to "be strengthened" by the Holy Spirit when facing temptation? What have you learned that could help others, or in what ways do you need help?
- Do you really feel like Jesus is better than what temptation offers you? Why or why not?

PRAYER

Pray for healing for anyone who needs to confess (James 5:16).

Spend time glorifying Jesus in order that the allure of sin might shrink away to nothing.