

Breaking Free: Session 4: Exposure

Small Groups

- Quote the verses if you can. (1-4 minutes)
- How are you doing with Scripture, prayer, & fellowship? (7 minutes)
- What have you amputated to secure a perimeter?
- Share your experiences of the presence of God. (10 minutes)
- Extra time – pray for each other

How to Get Fear: Exposure

Alertness

Accountability

Living in the Light

Godliness Training Exercises

- 1) Find an accountability partner, and set up a routine of regular accountability. (At first it should probably be daily) If you can't find an accountability partner, ask Bob or Darrell to help you find one.
- 2) Take steps to bring your life out into the light (Life 360 app, email passwords, accountability software, going to bed with your spouse, getting a roommate, etc.)
- 3) Keep praying for victory, and also pray for someone else you know who is struggling.
- 4) Read the Sermon on the Mount (Mt.5-7) at least twice.
- 5) Continue striving to have satisfying experiences of the attributes of God each day.
- 6) Review Galatians 5:16, Isa.55:2, and Pr.5:8 daily. Memorize Gal.6:7-8 word for word
- 7) Begin a habit of asking, "What am I sowing right now?" Make a goal of asking that question 20 times per day (use tick marks on a piece of paper).
- 8) Come to worship and prayer group Sunday