

Participant Guide for Session Six

Next Steps for Your Journey: Getting Practical

An important introductory thought about trauma, abuse and suffering.

- Key Ideas:**
- You need wisdom in order to flee temptation.
 - Discipleship for the journey is vital.
 - God provides for us through the local church community.

1. Wisdom to Flee Temptation

A. Are you willing to do whatever it takes?

B. Putting **ON**

1. Spiritual nurture
2. Physical body
3. Your brain chemistry
4. Lifestyle choices

C. Putting **OFF**

1. Taking serious steps to cut off access to unholy people, places, things
2. Assess tech in your life
3. Confession of sin to others
4. Active accountability

2. Discipleship for the Journey

- A. Journey companions versus accountability partners
- B. Friendships centered on Christ
- C. Local church attendance

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3. Church Community

- A. Ephesians 3:14–19
- B. Comprehending God’s love together with all the saints

4. Final Encouragements

- A. Change takes time
- B. You can’t do this alone
- C. “Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.” (Hebrews 13:20–21)

Session Six – On Your Own Reflection Questions

- 1. Session six talked about how you can make some practical changes in your life to put certain things off, and put other things on (Col. 3).
 - A. What things immediately came to your mind when the teaching was talking about things you need to consider removing from your life?

 - B. Any ideas on things you’d like to begin doing that might help keep your mind and heart focused on Jesus?

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2. If technology or other devices have been part of your pursuit of sin, what steps do you need to take to avoid and restrict access to this means of sin? Are you willing to take those steps? Why or why not? (Check out Harvest USA's Technology Protection Plan page for help setting up your own plan.)

3. Are there any ways in which you want to begin caring for your physical body that might help you in your battle against sexual sin? (This may include prioritizing sleep, nutrition, exercise, play, or reducing screen time.)

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4. A big part of practical change is inviting others into your life. For many women, this is the scariest part of change. Some women can't think of anyone with whom they might begin to share about their struggles and temptations. If you're not part of a church, a wise first step would be to begin attending a church. If you do attend a church, who might you consider sharing your struggles with? If you can't think of anyone, would you be willing to ask a pastor or church leader to connect you with someone? Write a prayer asking God to help you grow in courage and humility to bring someone into your struggle with sexual sin.

5. Read Hebrews 4:14–16. Look up “high priests” online or in a Bible dictionary. What does a high priest do for the people? Look back at Hebrews 4:14–16; what kind of high priest is Jesus to us? What is the invitation in this passage for you today?