

Goliath Must Fall
Personal Study
5 October 24, 2021

Act : Examine Your Life

The first step to dealing with an addiction is admitting to yourself that you have one and that it harms you. So get a sheet of paper and write about the last time you indulged in your stress-reliever.

- Where did it take you ?
- How much time did you spend ? How much money ?
- How did you feel beforehand and afterward ?
- How does it affect key relationships in your life ?
- How do you feel about it now ?
- What would you like to do differently next time ?
- Do you have the power in yourself to do it differently ?

Worship : Exalt the Real God

An idol is anything other than God that we treat as absolutely necessary to our well-being. addiction is a kind of idolatry. One of the ways to dethrone an idol in your life is to worship the real God.

You can worship God today in numerous ways. One way is to sing to him. Choose a recent song or an old hymn that speaks to your soul about God's greatness. Go to a private place and sing this song aloud to God. If you need to go where no one will hear you, try your car. As you sing, ask God to tell you if your favorite stress-reliever is an idol. Ask him to convict your heart with the truth.

If you're not a singer, try reading aloud a worship passage from the Bible such as Isaiah 40:18-23.

Ask yourself, "How is God greater than my addiction ? How is he bigger and more powerful ? More reliable ? More real ? How is he more true, good, and beautiful. Tell God out loud how he is greater. Spend some time worshipping him for being greater than any idol.

Proclaim : Discuss with a Friend

Sometime this week, visit with a friend or member of your group about our culture's version of freedom versus the biblical promise of freedom in Christ. Some thing you can discuss include :

- What's the difference between being free to do anything we want and being free to refrain from those things that can enslave us ?
- What are some of the benefits of living a free-in-Christ lifestyle ?
- What keeps us from living such a lifestyle all the time ?

Share some examples – both from Scripture and from your lives. Consider whether you might want to hold yourselves accountable to each other about making choices that lead to freedom. Be open and truthful with each other as you share.