



MORE #3 :: Something's Got to Change {Joel Thomas}

INTRODUCTION

Sometimes it seems that there's no hope in the fight with your appetite. You try . . . but you're unable to say no. The appetite is too strong. You are too weak. And it becomes an unhealthy pattern of destruction, made worse because it's kept in the dark.

Something's got to change.

DISCUSSION QUESTIONS

1. What is the craziest thing you've done to squash an appetite?
2. How does an appetite become unhealthy? For example, our appetites for food serve to nourish our bodies. But is there something that triggers that appetite to become a destructive pattern?
3. What's the difference between keeping something private and keeping something a secret?
4. Read Ephesians 5:8-11. Why is it difficult to expose our appetites to the light?
5. What are some consequences to keeping our unhealthy appetites in the dark?
6. Who can you trust and confide in to help you say no to your unhealthy appetites?

MOVING FORWARD

Most people choose to keep their appetites a secret out of fear of embarrassment. On the one hand, exposing things to the light can make you feel very vulnerable. On the other hand, keeping things in the dark may eventually have much more significant consequences. Which would you prefer, embarrassment now or death and destruction later? Creating some accountability may be a difficult decision, but if something's got to change, then you may find that exposing your appetite to the light might be one of the best decisions you ever made.

CHANGING YOUR MIND

For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them.

Ephesians 5:8-11