

# TALK IT OVER

## A Faith That Counters My Bad Habits

Defeating the Side Effects of the COVID-19 Crisis

Rick Warren

April 4, 2020

Open your group in prayer, and remember that this is only a guide. Feel free to discuss each of the provided questions in the message notes, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the three essential questions on the following page.

### Message Notes

*"Everyone who is a child of God can overcome sin in this world. What wins the victory is our faith! No one can defeat the world's ways without having faith in Jesus as the Son of God." 1 John 5:4-5*

#### 9 Counter Moves *(Find this portion of the message at 05:29)*

1. Know My Default Coping Strategy
2. Know My Emotional Triggers (What makes me vulnerable)
3. Learn My Patterns
  - When am I most tempted?
  - Where am I most tempted?
  - Who is with me when I'm most tempted?
  - What temporary benefit do I get if I give in?
  - How do I feel right before I'm tempted?

#### Talk It Over

*"Never blame God when you are tempted because God can't be tempted by evil, and he never tempts anyone to do the wrong thing. We are tempted by our own desires inside us. That's what drags us in the wrong direction and traps us. Our wrong desires lead us to wrong actions, and those sinful actions eventually ends in death. So, friends, don't be deceived by every desire you feel." James 1:13-16*

**Question 1:** How can knowing what makes me stumble--what my coping strategies are, my emotional triggers, my default patterns--help me to clear those roadblocks out of my path so that they become less of a problem over time?

#### 9 Counter Moves continued *(Find this portion of the message at 18:56)*

4. Plan To Avoid Those Situations!
5. Ask God For Help

## 6. Refocus My Attention on Something Else

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*"Plan carefully what you do... Avoid evil and walk straight ahead. Don't go one step off the right way."*  
Proverbs 4:26-27

**Question 2:** What is your default coping strategy? What could you replace it with?

*"Our weapons that we fight with aren't human, but instead they are powered by God for the destruction of fortresses. They destroy arguments, and every defense that is raised up to oppose the knowledge of God. They capture every thought to make it obedient to Christ."* 2 Corinthians 10:4-5

**Question 3:** Since we can't always control what our minds are exposed to, how can we overcome a negative or painful image, memory, or message?

### 9 Counter Moves continued (Find this portion of the message at 29:28)

7. Join A Small Group For Support
8. Enlist One Friend to Share My Struggle
9. Remember God is on My Side!

### Talk It Over

Read 1 Corinthians 10:13 together.

*"When temptations come into your life remember that they're no different from what others commonly experience. And God is faithful. He will never let you be tempted beyond what you can bear. Also when you are tempted, he will show you a way out so that you will be able to withstand it."*

**Question 4:** How do small groups help us feel less alone in our battles against temptation? If being vulnerable is new to you, ask God to show you how to begin. If you've been in groups for awhile, either in person or online, share how you've found encouragement and strength in difficult times through this association.

**Question 5:** Now that we've been isolating for awhile, what have you found works best for connecting with others? How has isolating impacted your relationships? Have you deepened any? Redefined any?

## Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message!

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Are you interested in the Bible and in helping small groups benefit from the weekend message? Well, you are in luck. Saddleback members like you create these discussion guides each week! If you are interested in joining the team, please email [Maturity@saddleback.com](mailto:Maturity@saddleback.com)

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*

## Action Steps

1. We recommit our lives to Jesus Christ. Text NEWSTART (1 word) to 99000 or email [newstart@saddleback.com](mailto:newstart@saddleback.com)
2. We express our gratitude to God through our giving. You can give online here: <https://saddleback.com/give>
3. We meet online in small groups for support. Text SMALLGROUP (1 word) to 99000 or email [smallgroup@saddleback.com](mailto:smallgroup@saddleback.com)
4. For Prayer: Text PRAYER to 99000 or email [prayer@saddleback.com](mailto:prayer@saddleback.com)
5. If your small group is interested in taking communion together, [click here](#)

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