

July 10, 2016
No Wake Zone
Part Seven: Soul Toxins
Ted Cunningham

1. How have you dealt with the recent tragedies in our country? How has God helped you make sense of the turmoil? How can you personally make things better?

2. Proverbs 14:8 says that “the wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.”

*What is one thing you would have done differently if you had given more thought to it?

*What do you need to be wise about today and give much thought to?

3. What are the four soul toxins? (**Wearing Busyness as a Badge, Image Management, The Seduction of Ambition, Approval Junkie**)

4. Which of the four toxins are you most susceptible to? How might your life be better if you could rid yourself of the toxin? Is ambition always a bad thing? Could you put your phone and other devices up for a week? A day? How can you at least modify the tyranny of the devices?

5. What physical, emotional, or financial need do these toxins feed? What is our greatest need? (**To know God and make sense of life.**)

6. Proverbs 14:12 says: “There is a way that seems right to a man, but its end is the way to death.” Ted put this quote on the screen: “Half our trouble comes from wanting our own way. The other half comes by having it.”

*Can you think of a time you wanted something that turned out to be a bad thing?

*Or more seriously yet, have you ever refused to submit to the way of God and brought destruction on yourself?

*Has there been a time you walked in faith and followed God’s ways even though your flesh wanted another way? What did you learn about God and his ways because of that decision?

7. Jesus says this to the Woman at the Well: “If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water” (John 4:10).

*What does Jesus mean by “living water”?

*Have you asked God lately for living water?

8. Jeremiah 2:13 says, “My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.”

*What image comes to your mind when you hear “spring of living water”?

*Have we dug our own cisterns, things to satisfy us instead of all God has for us?

*How do we drink heartily from “the spring of living water”?