



Asking for a Friend

Week 3: Addiction and Unforgiveness

What we want students to learn: Jesus is my place of freedom.

What we want students to do with what they've learned: Seek freedom in Jesus, no matter the circumstance.

Scripture Focus: 1 Corinthians 10:13 and Ephesians 4:31-32

The Main Point

You know the questions that you really want to ask, but you don't actually want anyone to know you asked them? Maybe you do a quick google search and then delete your search history, just in case. Maybe you ask someone a question and begin with "hypothetically..." Or, you approach someone to ask out of desperation, "so, my friend was wondering..." When it comes to your "asking for a friend" questions, what do you wish you could ask? During this series, we will be unpacking topics that many students deal with regularly, yet are afraid to ever ask questions about. We will learn about real life stories of people who struggled to find freedom in some of these areas. Then, we will see what God's Word has to say. During this series, we will discover where true freedom rests.

Also, do not forget to access and use your Crisis Conversation Guides as necessary.

INTRODUCTION

Tonight we are going to talk about addiction and unforgiveness. However, we recognize that every group is different, and some groups may have more students who struggle with one subject over another. So, today we are going to give you a chance to choose which topic your group will be talking about, addiction **OR** unforgiveness. You can either choose this beforehand or decide as a group together which topic they would like to talk about.

To kick off tonight's lesson, either talk about why you chose the topic or spend time choosing which topic your group wants to talk about together.

PRAY as you begin small group tonight that students would learn that Jesus is their place of freedom, no matter where they are or what they have done.

LESSON OPTION #1 (ADDICTION)

Addiction can range from social media to alcohol or pornography. Often many students don't know that something has consumed them until it's too late. So, tonight, your students will talk about what addictions are common to teenagers and how God can lead us out of temptation.

- **What do you think it means to be addicted to something?**

The dictionary defines the word “addicted” as “physically and mentally dependent on a particular substance, and unable to stop taking it without incurring adverse effects.” It is even defined as “enthusiastically devout to a particular thing or activity.”

- **What addictions are most common to teenagers today?**
- **Do you think the things people are addicted to change from middle school to high school, or do you think people are tempted by the same addictions in both stages of life?**
- **What would you say to encourage someone who is suffering with an addiction?**

1 Corinthians 10:13 - No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

God knew temptation would come, and that these temptations would later develop into addictions. In the midst of this, God says that He can reveal a way out.

- **What do you think this verse means?**
 - **Do you ever get frustrated when you hear a verse like this, believing that there are times when you didn't see a way out?**
 - **What does this verse teach us about God? What does he want for us?**
 - *God doesn't want us to be trapped in the things of this world. God wants us to be free in Him. God is actively fighting for our freedom.*
 - **How does this verse encourage you?**
 - **How might God show people a way out of temptation?**
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LESSON OPTION #2 (UNFORGIVENESS)

The focus on tonight's sermon is going to be on unforgiveness. Specifically, we are going to be talking about why we should forgive others - forgiveness frees us and Jesus forgave us.

- **To you, what does it mean to forgive someone?**
- **When was a time when it was hard for you to forgive someone?**
- **What often stops you from forgiving others?**

Ephesians 4:31-32 (NIV) - Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

- **What does this verse tell us to “get rid of?” (v. 31)**
 - **What does this verse tell us to be and do? (v. 32)**
 - **According to this verse, how can forgiveness lead to freedom?**
 - **What does this verse teach us about God?**
 - *God forgave us, through the sacrifice of His Son, Jesus.*
 - **Describe a time when you experienced personal freedom through forgiving someone.**
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LIFE APPLICATION

Discuss the following questions to close out group for the night and determine action steps to take.

- **Which area do you need to focus on the most when it comes to finding freedom, addiction or unforgiveness?**
- **How can you practically surrender that area to Jesus this week?**

TAKE IT OUT

Close small group out with prayer requests. Pray specifically that your small group would experience true freedom in Jesus in the midst of any and every circumstance.

After prayer, be sure to remind them of any upcoming group serving activities or student events and THE WEEKEND!