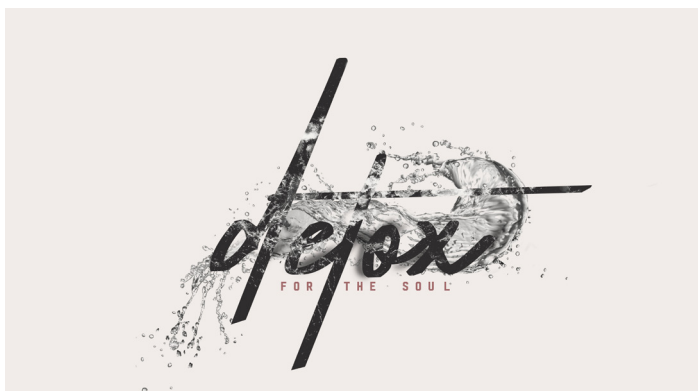




LH Groups exist to fulfill the mission of the church to Reach the Lost & Make Disciples. We do this primarily through Connecting People & Strengthening their Faith.

Connecting People - You shouldn't have to do life alone. We were made to connect, and we want to connect you to Jesus, and to others on the same path as you.

Strengthening Faith - It's ok to not be ok, we just can't stay there. We want to create opportunities for you to step out in faith in pursuit of Jesus and His will for your life.

STORIES

We love stories of how Jesus is changing lives through Groups! If you have a story of Jesus working in your or your group send it to us at groups@lighthouse.church.

UPCOMING EVENTS

March 22-23 - All for Love Ladies Conference.

RightNow Media. The church is providing a brand new resource for all LH attendees called RightNow Media. RightNow is an online video library of thousands of Bible Studies, Devotionals, Leadership Trainings, and Kids Programs. To get this free resource for yourself, visit lighthouse.church/upcoming and click the link there to create your free account and start growing today!

DETOX

Week 3 - The Tortured Soul

ICEBREAKER

Share of time you were harassed or "tortured" by a sibling or friend?

RECAP

WE'RE TORTURED BY THINGS WE'VE DONE

Psalms 38:3b-4

WE'RE TORTURED BY LIES WE BELIEVE

John 8:44-45

CONFESSION OPENS THE DOOR TO FORGIVENESS

1 John 1:8-9

CONFESSION OPENS THE DOOR TO HEALING

James 5:16a

CONFESSION OPENS THE DOOR TO FREEDOM

Galatians 5:1

1 Corinthians 11:23-26

GROUP QUESTIONS

Read Psalm 38:3-18

- To what does the writer of this passage attribute his pain and suffering of soul?
- Have you experienced the pain of sin in your own life? How has that hurt you?

Read Romans 1:21:25

- What is the root cause of the futile thinking and darkened hearts that Paul is addressing here?
- When have you had a time where you "woke up" from a lie you were believing?
- What freedom did you experience from identifying that lie?

Read 1 John 1:8-9

- Self-deception is the worst kind of deception. How do we avoid being self-deceived?
- Why does confession open the door to forgiveness?

Read James 5:16

- How does confession open the door to healing?

Read Galatians 5:1

- When have you seen confession open the door to freedom?

MEMORY VERSE

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:8-9