Session 2: Willpower Is No Power.

In this week's video, we're going to hear someone's story with their crazy-making cycles. They will talk about where their cycles came from, how they tried to manage them, and how Jesus met them in their pain. Stories are helpful. Jesus taught us through stories because he knew that they would help us access truth in a different way than a list of instructions.

CONNECT

25% of your time

As a group:

Pray to open this time together. Who wants to volunteer?

Connect question:

What is one thing on your bucket list—something you've always wanted to do, but haven't yet?

Check-in questions:

What stood out to you this week, either from our conversation last time or the Digging Deeper material?

Last week we talked about practical, tangible ways we could invite God into our cycles. How did that play out this week?

LEARN

25% of your time

Watch the "Willpower Is No Power" video.

After you watch the video, spend a few minutes looking at the Crazy-Making Cycle below. These are the predictable steps you will go through in your cycle. Sometimes we blow through all of them in a matter of minutes—sometimes it takes

weeks. Next week's Digging Deeper explores the steps in more detail.

LIVE

50% of your time

Discuss: *What does this mean for me personally?* Choose a few questions that jump out to you from the list below and process them as a group. Do your best to not give the answer you think you're supposed to—try to be as authentic and real as you can.

1. What stood out to you about Wendell's story?
2. Why is Wendell's people-pleasing cycle just as destructive as his pornography cycle?
3. When have you experienced the powerlessness of resisting sin?
4. Wendell shared about how shame drives this cycle and then keeps us trapped in it. On a scale of one to ten, how aware are you of your shame?
5. What are some of your shame messages?
6. "Grace is not soft on sin. Attempting to manage my sin is." What do you think about this statement?
7. As you look at this cycle, which stages jump out to you the most, or which stages do you most identify with? Which surprised you?

Apply: *What faith step is God inviting me to take?* Only Jesus's love—not our human effort or diligence—can overcome our sin and shame. Move your group discussion towards how we can trust Jesus by asking the following questions.

How would your life look differently if you trusted Jesus with this cycle instead of trying to resist on your own?

In this coming week's Digging Deeper material, we're going to unpack each stage of the cycle and help you consider what this looks like for you personally. These are available for free at **trueface.org/crazymakingcontent**. What is one practical, tangible way that you can trust Jesus with your cycle this week? Ideas to get you started:

If you know that a situation is coming that often triggers your crazy-making cycle, tell a friend or family member. Ask them to remind you that Jesus is in control and is bigger than your temptation.

Each morning, set aside five minutes to let God tell you, "It's good to see you, daughter," or "It's good to see you, son." See what comes up for you when you receive that.

When your unhealthy self-thoughts start to kick in, look to scripture for what God says is true about you. Write down the verses that mean the most to you over this week.

Set aside a time every day to physically remind yourself that Jesus has overcome your cycle. First, clench your fists as a symbol of your desire to control. Then release them, placing your palms up as you remind yourself, "Jesus has overcome my sin and my shame. I can rest in him."

Does anything else come to mind? Be creative, but practical. Try to make it an actionable step in order to help integrate your actions with your beliefs.

How I'm going to live it out:

How can the group or one member in the group come alongside you in this?

Pray to close out this time together.

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