Desperate Dependency Finding Christ Relevant to Every Area of Life



STUDY & LEADER'S GUIDE

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PREPARE FOR STUDY

Before you launch into this study of *Desperate Dependency: Finding Christ Relevant to Every Area of Life*, complete the *Evaluation of Desperate Dependency*. Using Psalm 119 you will be reminded of the reasons you need a relevant relationship with Christ. It is lengthy, so we have divided the exercise into six smaller sections.



It would be an EXCELLENT IDEA to have a special journal/notebook to answer the INSIGHT JOURNAL questions included throughout this study. The INSIGHT JOURNAL questions included with the daily readings are designed to challenge you to connect with God in a deeper way. By journaling about these questions you will recognize the Holy Spirit continuing His work in your life as you allow Him to mature you through these truths in your daily experiences. Before you begin asking yourself these questions, ask God to show you what He wants you to see, and commit to striving to hear His Spirit speaking to you. You may be surprised to notice that as you allow God's heart to speak to yours, the responses will become longer and longer!

INSIGHT JOURNAL:

- 1. What insights did you gain from your completion of the *Evaluation of Desperate**Dependency?
- 2. What has God shown you about yourself through this evaluation?
- 3. What has God revealed about Himself through this assessment?
- 4. How will you respond to the insight you have gained?

	SESSION	1
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Begin page ix "Introduction..." End page xi "...Ps. 40:1-17."

GROUP DISCUSSION:

What difference is there in my life because I say I am a Christian? (If you were to come to me and say, "My name is _____ and I am a Christian," what message would you want that to communicate to me?)

WEEK 1 **□** Day 1 Begin page **1** "Chapter 1..." End page **2** "...Col. 2:10." **Insight Journal:** What's missing in my life? □ Day 2 Begin page 2 "We Are Trying..." End page 4 "...what empowers your life." **INSIGHT JOURNAL:** What do I really want? How will I attain what I really want? □ Day 3 Begin page 4 "We Can Only Be..." End page 6 "...want what He wants." **Insight Journal:** Who or what can I not live without? Who or what makes me feel alive? □ Day 4 Begin page 6 "If we are to be a picture..." End page 8 "...save me from myself." **Insight Journal:** Who or what do I turn to when in crisis? □ Day 5 Begin page **8** "In the book of Isaiah..." End page **11** "...downhill from here." **INSIGHT JOURNAL:** By what means am I going to choose to empower my life? □ Day 6 Begin page 13 "At the conclusion..." End page 14 "...Ps. 25."

☐ SESSION 2

GROUP DISCUSSION:

Consider how each person (Abram, Sarah, Diane, George, Howard, Angie, Shirley) in the examples of chapter 1 used people to search for satisfaction, positions to seek fulfillment, and possessions to produce significance.

Week 2
□ Day 1
Begin page 15 "Chapter 2" End page 17 " God's Design."
Insight Journal: What keeps me from connecting to God?
□ DAY 2
Begin page 18 "I Want" End page 19 "Prov. 19:3."
Insight Journal: What self-centered means have I employed to find love? What
were the results?
□ DAY 3
Begin page 19 "I Can" End page 21 " I John 4:7–8."
Insight Journal: When have I sought pleasure instead of relying on the Spirit's
fruit of joy? What were the results?
□ Day 4
Begin page 21 "Joy" End page 23 "Phil. 4:6–7."
Insight Journal: What methods did I employ to find comfort when needing peace
What were the results?
Day 5
Begin page 24 "Patience" End page 25 "complete in Christ."
Insight Journal: What have I been trying to control? What were the results?
Day 6

Begin page 27 "Psalms Prayer Pattern..." End page 27 "...Ps. 138."

☐ SESSION 3

GROUP DISCUSSION:

Remember, in Galatians 5:22–23 God assures us, "The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control" if we "follow the Spirit's leading in every part of our lives" (Gal. 5:25 NLT). This fruit completes His portrait in our lives so the watching world can see a glimpse of Christ. But in our desire for independence, we attempt to counterfeit God's fruit with our own design.

Evaluate the *Fruit Chart* on pages 191–193. Notice the symptoms (*CULMINATION*) that plague you and determine the reason for the symptoms based on the *Fruit Chart*. What is the solution?

WEEK 3

□ Day 1

Begin page **29** "Chapter 3..." End page **31** "...humility, gentleness, and patience."

Insight Journal: When would the following situations be ministry (seeking your best interest) versus manipulation (seeking my best interest)?

- a. Saying "I love you."
- b. "Come on over for dinner."
- c. "Let me introduce you to my friend."

□ Day 2

Begin page **31** "Goodness..." End page **33** "...Heb. 11:6."

INSIGHT JOURNAL: Describe a situation in which you used exploitation instead of relying on the Spirit's fruit of goodness. How would this situation be described differently if you were relying on the Spirit's fruit of kindness?

□ Day 3

Begin page **33** "Gentleness..." End page **34** "...2 Tim. 2:25."

INSIGHT JOURNAL: Describe a situation in which you used selfish ambition instead of relying on the Spirit's fruit of gentleness. How would this situation be described differently if you were relying on the Spirit's fruit of gentleness?

□ Day 4

Begin page **34** "My Behaviors..." End page **37** "...2 Peter 1:3–4."

INSIGHT JOURNAL: Describe a situation in which you used pretense instead of relying on the Spirit's fruit of faithfulness. How would this situation be described differently if you were relying on the Spirit's fruit of faithfulness?

Begin page 37 "I Want..." End page 39 "...be desperately dependent."

INSIGHT JOURNAL: What do I need to let go of so the Holy Spirit's fruit can be evidenced in my life?

□ Day 6

Begin page 41 "Psalms Prayer Pattern..." End page 41 "...Ps. 32."

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GROUP DISCUSSION:

Review *The Problem* chart on page 35. Discuss some situations that illustrate this graphic.

WEEK 4
□ Day 1
Begin page 43 "Chapter 4" End page 45 "Rom. 8:5–6."
Insight Journal: I remember a time in my life when I tried to pursue my own
desires but ended up with discouragement even though I attained my goal. (Write the
story.)
□ Day 2
Begin page 45 "Where I Live" End page 48 "our own agenda."
Insight Journal: This is how I would describe me:
□ DAY 3
Begin page 48 "The reality is" End page 49 "in the morning."
Insight Journal: What is my personal agenda for my life? (You may want to
review the list of "disturbing realities" given in this chapter.)
□ Day 4
Begin page 50 "What I Want to Be" End page 51 "Prov. 3:7."
Insight Journal: What am I pursuing to make me happy?

Begin page 51 "The issue of happiness..." End page 53 "...conform to His image."

Insight Journal: When do I feel most connected to God? What keeps me from residing at that place?

□ Day 6

Begin page 55 "Psalms Prayer Pattern..." End page 56 "...Ps. 86."

☐ Session 5

GROUP DISCUSSION:

What insights can be gained from *The Blessed Man* passages found in Appendix B pages 195–201?

WEEK 5

□ DAY 1

Begin page **57** "Chapter 5..." End page **57** "...Rom. 1:18–23, 25."

INSIGHT JOURNAL: For this Insight Journal, prayerfully consider ONE behavior that characterizes your life. (You will have this same assignment each day this week, so just start with one behavior today). To obtain a clearer picture of how you view God, ask yourself these questions concerning this specific behavior:

Based on my behavior, what do I believe about God?

Based on my behavior, what do I believe about myself?

Based on my behavior, what do I believe about others?

Based on my behavior, what do I believe about my reason for living?

□ Day 2

Begin page 58 "The Deception..." End page 60 "...It was very good.

INSIGHT JOURNAL: Choose a second behavior that characterizes your life. Ask yourself the following questions concerning this specific behavior:

Based on my behavior, what do I believe about God?

Based on my behavior, what do I believe about myself?

Based on my behavior, what do I believe about others?

Based on my behavior, what do I believe about my reason for living?

□ Day 3

Begin page 60 "The Distortion..." End page 63 "...Rom. 8:20–22."

INSIGHT JOURNAL: Choose a third behavior that characterizes your life. Ask yourself the following questions concerning this specific behavior:

Based on my behavior, what do I believe about God?

Based on my behavior, what do I believe about myself?

Based on my behavior, what do I believe about others?

Based on my behavior, what do I believe about my reason for living?

Begin page **64** "The Disconnection..." End page **66** "...Eph. 1:6–11."

INSIGHT JOURNAL: Choose a fourth behavior that characterizes your life. Ask yourself the following questions concerning this specific behavior:

Based on my behavior, what do I believe about God?

Based on my behavior, what do I believe about myself?

Based on my behavior, what do I believe about others?

Based on my behavior, what do I believe about my reason for living?

□ Day 5

Begin page 66 "Christ's sacrifice..." End page 68 "...should operate?"

Insight Journal: Choose another behavior that characterizes your life. Ask yourself the following questions concerning this specific behavior:

Based on my behavior, what do I believe about God?

Based on my behavior, what do I believe about myself?

Based on my behavior, what do I believe about others?

Based on my behavior, what do I believe about my reason for living?

□ Day 6

Begin page 70 "Psalms Prayer Pattern..." End page 70 "...Ps. 16."

☐ SESSION 6

GROUP DISCUSSION:

See Appendix C: *Bad Belief/Good God* on pages 203–204. What bad beliefs have you realized you hold?

WEEK 6
□ Day 1
Begin page 73 "Chapter 6" End page 74 " Three Pillars of Christianity."
INSIGHT JOURNAL: Children see God as relevant because they can trust that there is someone bigger who knows the best way to make things work out. When did I lose that concept of God?
□ Day 2
Begin page 74 "God Is Real" End page 77"2 Cor. 1:8-9."
Insight Journal: What evidence is there in my life that God is real?
□ Day 3
Begin page 77 "God Is Love" End page 79 "Isa. 46:3-4."
Insight Journal: I know God loves me because (try to make an extensive list, not just a preprogrammed answer)
□ Day 4
Begin page 80 "God Is Sovereign" End page 81 "2 Cor. 12:8–10."
Insight Journal: I can trust God because
□ Day 5
Begin page 81 "So, Why does God allow" End page 83 "2 Peter 1:3-4."
Insight Journal: Do I really want what God wants, or do I just <i>say</i> I want what He wants? I am afraid to want what God wants for me because
□ Day 6

Begin page **85** "Psalms Prayer Pattern..." End page **86** "...Ps. 139."

☐ Session 7

GROUP DISCUSSION:

Considering *Three Pillars of Christianity* diagram on page 74, how do the descriptors promote "Grace to you and peace to be multiplied through the knowledge of God and Jesus our Lord" (2 Peter 1:2 NLT)?

WEEK 7 **□** Day 1 Begin page **87** "Chapter 7..." End page **90** "... Titus 2:11–14." **INSIGHT JOURNAL:** To me it is significant that Jesus is my Savior because: □ Day 2 Begin page 90 "Sustainer..." End page 92 "... God has done His part." **INSIGHT JOURNAL:** To me it is significant that Jesus is my Sustainer because: □ Day 3 Begin page 92 "Yet someone may venture..." End page 94 "...progenitors of it." **Insight Journal:** What do I need from God to get through my day? □ Day 4 Begin page 94 "Benefactor..." End page 95 "...life here and now." **Insight Journal:** To me it is significant that Jesus is my Benefactor because: □ Day 5 Begin page **95** "God provides..." End page **97** "...1 Cor. 2:9–12." **INSIGHT JOURNAL:** How should these verses affect the way I live? "My thoughts are nothing like your thoughts," says the LORD. "And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts." (Isa. 55:8–9 NLT)

Begin page 99 "Psalms Prayer Pattern..." End page 100 "...Ps. 115."

☐ SESSION 8

GROUP DISCUSSION:

Offer specific examples of how you have seen God as Savior, as Sustainer, and as Benefactor in your life.

WEEK 8

□ Day 1

Begin page 101 "Chapter 8..." End page 102 "...blueprint."

INSIGHT JOURNAL: Prayerfully consider ONE situation when you became angry. (You will repeat this exercise each day.) Follow the *Anger Tree* (page 103) while answering these questions:

- I got angry when I expected (describe the situation):
- Was it a personal expectation or God's expectation?
- Was it realistic and appropriate to expect?
- Did the other person know what was expected?
- What do I need to apologize for?
- Can I accept that my expectation will not be met?
- Is there biblical proof that this is God's expectation? Where?
- How does God expect me to proceed?
- What do I need to forgive?

□ Day 2

Begin page 102 "Anger is..." End page 104 "...an easy path."

Insight Journal: Prayerfully consider a second situation when you became angry. Follow the *Anger Tree* (page 103) while answering these questions:

- I got angry when I expected (describe the situation):
- Was it a personal expectation or God's expectation?
- Was it realistic and appropriate to expect?
- Did the other person know what was expected?
- What do I need to apologize for?
- Can I accept that my expectation will not be met?
- Is there biblical proof that this is God's expectation? Where?
- How does God expect me to proceed?
- What do I need to forgive?

Begin page 104 "Was It..." End page 105 "...a later chapter."

Insight Journal: Prayerfully consider a third situation when you became angry.

Follow the *Anger Tree* (page 103) while answering these questions:

- I got angry when I expected (describe the situation):
- Was it a personal expectation or God's expectation?
- Was it realistic and appropriate to expect?
- Did the other person know what was expected?
- What do I need to apologize for?
- Can I accept that my expectation will not be met?
- Is there biblical proof that this is God's expectation? Where?
- How does God expect me to proceed?
- What do I need to forgive?

□ Day 4

Begin page 105 "Grief..." End page 106 "...through everything!"

Insight Journal: Prayerfully consider a fourth situation when you became angry.

Follow the *Anger Tree* (page 103) while answering these questions:

- I got angry when I expected (describe the situation):
- Was it a personal expectation or God's expectation?
- Was it realistic and appropriate to expect?
- Did the other person know what was expected?
- What do I need to apologize for?
- Can I accept that my expectation will not be met?
- Is there biblical proof that this is God's expectation? Where?
- How does God expect me to proceed?
- What do I need to forgive?

Begin page 106 "Was It God's..." End page 110 "... Will you trust Him?"

Insight Journal: Prayerfully consider another situation when you became angry.

Follow the *Anger Tree* (page 103) while answering these questions:

- I got angry when I expected (describe the situation):
- Was it a personal expectation or God's expectation?
- Was it realistic and appropriate to expect?
- Did the other person know what was expected?
- What do I need to apologize for?
- Can I accept that my expectation will not be met?
- Is there biblical proof that this is God's expectation? Where?
- How does God expect me to proceed?
- What do I need to forgive?

□ Day 6

Begin page 112 "Psalms Prayer Pattern..." End page 113 "...Ps. 145."

☐ Session 9

GROUP DISCUSSION:

Review the *Anger Tree* (page 103). Allow participants to testify as to how the week's assignment impacted them.

WEEK 9

□ DAY 1

Begin page 115 "Chapter 9..." End page 116 "...ordering our world."

Insight Journal: Describe FOUR situations that did not turn out the way you think they should have. (You will use these accounts for the following assignments.)

□ Day 2

Begin page 116 "You Owe Me..." End page 119 "...courtesy discount."

Insight Journal: This is another assignment that repeats each day. Don't get bored! Take this opportunity to fully evaluate and vacate your life of heavy baggage. Consider ONE account that remains open with an outstanding balance in your life. Complete a ledger sheet that indicates the charges and the balance due. (Follow template on page 117.) What attempts have been made to satisfy the outstanding balance? Determine what you will do with this unsettled account. Will you continue to seek satisfaction through your own means? Or will you allow the divine collection agency, God, to be responsible for collecting the debt?

□ Day 3

Begin page 119 "Spring fever..." End page 122 "...trust is regained."

Insight Journal: Yes, this assignment repeats each day. Don't get bored! Take this opportunity to fully evaluate and vacate your life of heavy baggage. Consider ONE account that remains open with an outstanding balance in your life. Complete a ledger sheet that indicates the charges and the balance due. (Follow template on page 117.) What attempts have been made to satisfy the outstanding balance? Determine what you will do with this unsettled account. Will you continue to seek satisfaction through your own means? Or will you allow the divine collection agency, God, to be responsible for collecting the debt?

Begin page 122 "Turned Over..." End page 124 "...verification of the truth."

INSIGHT JOURNAL: Yep, here it is again! Remember, take this opportunity to fully evaluate and vacate your life of heavy baggage. Consider ONE account that remains open with an outstanding balance in your life. Complete a ledger sheet that indicates the charges and the balance due. (Follow template on page 117.) What attempts have been made to satisfy the outstanding balance? Determine what you will do with this unsettled account. Will you continue to seek satisfaction through your own means? Or will you allow the divine collection agency, God, to be responsible for collecting the debt?

□ Day 5

Begin page 124 "Not My Responsibility..." End page 125 "...Hos. 12:6."

INSIGHT JOURNAL: Do you still have more forgiving to do? Consider ONE more account that remains open with an outstanding balance in your life. Complete a ledger sheet that indicates the charges and the balance due. (Follow template on page 117.) What attempts have been made to satisfy the outstanding balance? Determine what you will do with this unsettled account. Will you continue to seek satisfaction through your own means? Or will you allow the divine collection agency, God, to be responsible for collecting the debt?

□ Day 6

Begin page 127 "Psalms Prayer Pattern..." End page 127 "...Ps. 142."

☐ SESSION 10

GROUP DISCUSSION:

Allow participants to describe how this week's assignment impacted their lives.

WEEK 10

□ Day 1

Begin page 131 "Chapter 10..." End page 133 "...lens of our lives."

Insight Journal: To magnify/glorify God I must:

□ Day 2

Begin page **133** "Paul adds..." End page **135** "...James 1:5–8."

INSIGHT JOURNAL: I know God wants me to:

□ Day 3

Begin page 135 "Simplify..." End page 138 "...since he made the world."

INSIGHT JOURNAL: I know I am doing what God wants me to when:

□ Day 4

Begin page 138 "Unify..." End page 140 "...divinely empowered connection."

Insight Journal: How can I apply these verses to my life?

"And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

"Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking and from the spiritual powers of this world, rather than from Christ. For in Christ lives all the fullness of God in a human body. So you also are complete through your union with Christ, who is the head over every ruler and authority" (Col. 2:6–10 NLT).

Begin page 140 "We have repeatedly emphasized..." End page 142 "...everything else thrown in."

INSIGHT JOURNAL: If I applied these verses to my life, what would I do differently? "Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God" (Col. 3:1–3 NLT).

□ Day 6

Begin page 144 "Psalms Prayer Pattern..." End page 144 "...Ps. 143"

☐ Session 11

GROUP DISCUSSION:

Review *God Is Central* diagram (page 136). How would this perspective impact the way you live life?

WEEK 11 □ Day 1 Begin page 145 "Chapter 11..." End page 147 "...Jer. 8:5." **INSIGHT JOURNAL:** How is Jesus relevant to the situation I am struggling with today? □ Day 2 Begin page **147** "*Perversion...*" End page **148** "...*Prov. 1:20–23.*" **INSIGHT JOURNAL:** Prayerfully discern: What lies am I believing that keep me from an intimate relationship with Christ? □ Day 3 Begin page **148** "*Trauma of Truth...*" End page **151** "...*Heb. 3:12–15.*" **Insight Journal:** I was traumatized when I realized: □ Day 4 Begin page 151 "Transformation by Truth..." End page 154 "...He desires of us." **INSIGHT JOURNAL:** I need to repent of: □ Day 5 Begin page **154** "When we enter..." End page **156** "...2 Tim. 1:14." **INSIGHT JOURNAL:** Write a personal psalm to pour out your heart to God. □ Day 6 Begin page 158 "Psalms Prayer Pattern..." End page 159 "...Ps. 51."

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GROUP DISCUSSION:

Evaluate *The Solution* diagram (page 149). Where are you in the process today?

WEEK 12

□ Day 1

Begin page 161 "Chapter 12..." End page 162 "...I have a plan for you."

Insight Journal: Who am I?

□ Day 2

Begin page 162 "Names incorporate..." End page 164 "...succumb to the lies."

Insight Journal: I am lovable because:

□ Day 3

Begin page **164** "Am I Loveable?..." End page **167** "...Isa. 44:6–20."

INSIGHT JOURNAL: What might take God's place in my heart (1 John 5:21)?

□ Day 4

Begin page 167 "When we live independently..." End page 171 "...Matt. 23:37."

INSIGHT JOURNAL: Will I choose to be desperately dependent on God?

□ Day 5

Begin page 171 "Where Am I Going?..." End page 171 "...1 Cor. 4:20."

Insight Journal: Where am I going?

□ Day 6

Begin page 173 "Psalms Prayer Pattern..." End page 173 "...Ps. 111."

☐ SESSION 13

GROUP DISCUSSION:

Consider *The Triangle Tool* (page 167). What resides in the *God Place* of your life that gives you love, significance, and security?

WEEK 13

□ Day 1

Begin page 175 "Chapter 13..." End page 177 "...Job 1:9–11."

INSIGHT JOURNAL: How does God fit into the picture of my life?

□ Day 2

Begin page 177 "The Lord Takes Away..." End page 179 "...Job 6:10."

Insight Journal: I realized I could not live life successfully by myself when ...

□ Day 3

Begin page 180 "Contrary to popular belief..." End page 181 "...Job 10:1."

INSIGHT JOURNAL: What have I believed about God that I now know is not true? How did learning the truth about God change me?

□ Day 4

Begin page 181 "Dialoging with God..." End page 183 "...only God could be right."

INSIGHT JOURNAL: What truths have I clung to tightly even when others did not agree? What are the Scripture references that validate these as truths?

□ Day 5

Begin page 183 "Still I Will Trust Him..." End page 186 "...that kind of adventure?"

INSIGHT JOURNAL: Will I submit to God so He can achieve His purpose in my life? What do I need to submit to God so He can receive glory?

□ Day 6

Begin page 188 "Psalms Prayer Pattern..." End page 190 "...2 Thess. 1:11."

☐ Session 14

GROUP DISCUSSION:

Do you have a different perspective of Job after reviewing chapter 13?

Do you trust God to redeem you from the evil that has touched your life?

Have you arrived at the destination of desperate dependency and finding Christ relevant to every area of life?

"So we keep on praying for you, asking our God to enable you to live a life worthy of his call. May he give you the power to accomplish all the good things your faith prompts you to do" (2 Thess. 1:11 NLT).