

## What is the Habit of Resolve?



**Leader’s Note:** Before class begins, be sure to make copies of the Participant Handout for the session. Begin by welcoming the ladies and open the class in prayer. Before you watch the video, introduce the topic by spending approximately five minutes going over the definition and Session Opening. After you watch the video, open the floor for discussion and move into your selected group exercise(s).

The group exercises are designed to generate meaningful discussion. Depending on how much time you have, you may not have time to discuss all of the exercises. Before class begins, select the exercise(s) you want to focus your session on. Remember, the goal is not to “get through” all of the exercises, but to create an atmosphere where revelation comes through group dialogue that creates “aha moments”. When women bond through shared experiences and increased knowledge of God’s word, healing comes and creates an opportunity where safe and solid relationships can be built that can last well beyond the group study.

### Definition of Resolve:



Resolve is the practice of adding divine revelation to our human strength.

### Session Opening:



Christy discussed in *Love Junkies* the topic of idleness. What our culture now commonly refers to as boredom is what the Bible refers to as idleness. At first, it may not seem like being idle has anything to do with not lacking resolve, but it’s when we are idle and inactive, boredom sets in and we become easy prey for the enemy. When we are idle, our will is weakened because we have nothing better to do. However, when we are busy and preoccupied or focused, it’s easier to maintain our vision, resist temptation and stay focused.

*Spend a few moments discussing what is on your heart in regards to your own experience with resolve. In prior sessions, you’ve shared a bit about your own struggles in relation to the session’s topic. You’ve been encouraged to be vulnerable and transparent so that you could set the stage for others to feel like the group is a safe place to open up and share. I hope by now you’ve seen how your group is really bonding and that the ladies are discovering new revelations as they share their struggles and find hope and healing for their future.*



**Video & Discussion Time:** Watch the video for Session 7. Afterward, discuss the video before you transition into the group exercises. Pitch out a question or two to the group. Here is one to get you started:

- ? Have you ever had a revelation that gave you the strength to resist temptation that you previously did not have the ability to resist?



### Group Exercises

#### Group Exercise A

##### Identifying Weaknesses

*(This is a great brainstorming exercise. Using a dry erase board or chalk board will make it very visible and engaging for your group.)*

What are some other weaknesses that can cause us to be vulnerable to compromise our sexual integrity, or our soul integrity, character or convictions?

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#### Group Exercise B

Go around the room and have the participants take turns reading the bulleted items from their handout. Encourage group members to share and make comments after each item is read.

##### When your resolve is compromised you may:

- Often compromise when others try to persuade or pressure you
- Typically follow the crowd
- Have trouble setting and keeping boundaries
- Make a lot of the same mistakes over and over even though you know better
- Often give in to temptation

- Lack your own opinion because you think being agreeable makes you more likeable
- Have a lot of free time in your schedule and often find yourself easily distracted or bored
- Don't think God expects you to confess every little thing since He's a God of grace
- Not be much of a planner; it's more your nature to just "wing it"
- Be unconcerned about your future because you're too busy relaxing

### Group Exercise C

Go around the room and have the participants take turns reading the scriptures and questions from their handout. Encourage group members to share and each person reads.

### Resolve Scriptures

 Where there is no revelation, the people cast off restraint; but blessed is he who keeps the law. Proverbs 29:18 (NIV)

**? Which of the following areas trigger compromise for you?**

- The need for approval and validation
- The need for affection
- Lustful thoughts
- The desire for purpose
- Loneliness
- Boredom
- The desire for companionship

**? What can you do to increase your revelation in those areas?**

 Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; Peter 1:13-15 (NIV)

 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2 (NIV)

 ...he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord; he is a double-minded man, unstable in all he does. James 1:6b-8 (NIV)

**? Boundaries are like an intentional defense system. What can you do to increase your boundaries or restraints to guard against compromise in those areas?**

📖 Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak. Matthew 26:41 (NIV)

❓ **Our hearts are deceitful (Jeremiah 17:9). How can the desires of your heart lead you astray?**

📖 She watches over the affairs of her household and does not eat the bread of idleness. Proverbs 31:27

📖 And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone. 1 Thessalonians 5:14

❓ **Have you ever fallen into sin because you were bored or idle? How can you prevent a reoccurrence?**

❓ **How much do you think your own romantic tendencies are influenced by the hormone oxytocin? What makes you more vulnerable to its effects?**

📖 If a man is lazy, the rafters sag; if his hands are idle, the house leaks. Ecclesiastes 10:18

📖 So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. 2 Corinthians 4:18

## Group Exercise D

*The following action points are discussed in Love Junkies beginning on page 197. Read each action point. Participants can either follow along in their books or fill in the blanks on their handouts. After you read each bullet point, encourage group members to comment, giving their own insight or sharing their own experiences.*

### If you struggle with resolve, try these action points:

❖ **Pray for revelation.**

It's much easier to have resolve when our willpower is based on a revelation and not our own personal strength.

❖ **Create a plan.**

Detail what you will do when faced with temptation. We practice fire drills and tornado drills to prepare ahead for a time of emergency. You have to know ahead of time what you will do in the event of temptation or disaster. Then follow through. Write down your "stop, drop and roll" plan.

❖ **Find a focal point.**

Find a scripture, an encouraging thought, or a place of focus that you can concentrate on to break the vicious cycle.

❖ **Establish boundaries.**

If you have trouble with boundaries, read a book on boundaries.

❖ **Fill your schedule.**

If you have too much free time or spend too much time on unfocused activities, reevaluate your schedule and commit yourself to purposeful activity. Purpose protects vulnerability. That's because Satan leaves us alone when we are strong. He waits patiently for an opportune time, so don't give the enemy an opportunity to strike.

❖ **HALT.**

Use the acronym HALT to remind yourself not to make decisions when you're **hungry**, **angry**, **lonely** or **tired**. Postpone decisions until you have a chance to get refreshed. Satan waited to tempt Jesus when he was hungry, lonely, and tired in the desert and we are no different. He always waits for an opportune time (Luke 4:13). Don't give him one.

❖ **Go on a fast.**

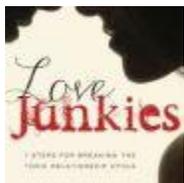
Fasting detoxes our soul, unclogs spiritual distractions and helps renew our perspective.

❖ **Confess your sins.**

Confess your sins to a trustworthy friend who will pray with you. Sin breeds in darkness but when brought into the light, God purifies us from the struggle of sin. Keeping them hidden in darkness makes it easier for us to justify our behavior and become even more entrapped.

❖ **Write down your goals.**

Set written and measurable goals and share them with a trusted friend who will follow up with you.



**Reading Assignment for Next Week: Accountability**

Chapters 21-23