



Pastor Tosha Zwanziger
Live No Lies— Part 4
05.22.2022

USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures references in the sermon and some discussion questions for you to use to discuss the weekend message.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together. Give priority to the needs and pace of your group members.

While the questions are important, remember your group's goal is to create an atmosphere that will foster true friendships. Use the discussion questions as you see fit but emphasize the relationships.

Jeremiah 17:9 NLT

“The human heart is the most deceitful of all things,
and desperately wicked.
Who really knows how bad it is?

Hebrews 6:19 TPT

“We have this certain hope like a strong, unbreakable anchor holding our souls to God Himself.”

Hebrews 6:19 AMP

This hope [this confident assurance] we have as an anchor of the soul [it cannot slip, and it cannot break down under whatever pressure bears upon it]—a safe and steadfast hope that enters within the veil [of the heavenly temple, that most Holy Place in which the very presence of God dwells]

John 16:33 AMP

In the world you have tribulation *and* distress *and* suffering, but be courageous [be confident, be undaunted, be filled with joy]; I have overcome the world.”

Psalms 3 ESV

O Lord, how many are my foes!

Many are rising against me;

² many are saying of my soul, “There is no salvation for him in God.” *Selah*

How to Anchor your Soul in God:

1. Discipline Your Soul

Psalms

3:6 – I WILL not be afraid

5:7 – I WILL enter your house. I WILL bow down toward your holy temple

9:1 – I WILL give thanks to the Lord with my whole heart

9:2 – I WILL sing praise to your name, O Most High

26:12 – I WILL bless the Lord in the great assembly

30:12 – I WILL give thanks to you forever

34:1 – I WILL bless the Lord at all times; his praise WILL continually be in my mouth

2. Anchor to the TRUTH, the word of God

Hebrews 4:12 ESV

¹² For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

John 1:1 ESV

In the beginning was the Word, and the Word was with God, and the Word was God.

Matthew 4:4 ESV

Jesus said, “It is written, “‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’”

3. Rest in Him

Matthew 11:28-29

“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and **you will find rest for your soul!**

FOR MONDAY—

1. Take a few minutes and make a list of any lies that are keeping you from anchoring your mind and motivations in the word
2. Think about your soul and the level of restlessness you typically experience in your day. Identify what is needed to anchor your soul on solid ground.

TALK IT THROUGH

1. “The amount that you lean into God for you is the amount of God will speak into you” What does that mean for you today? How are you leaning into what God has for you?
2. What’s an example of when you have felt the pressures (lies from the enemy) of life? How did/are you combating them?
3. How and why does hope lead to an anchored soul? How was Job able to have hope and anchor his soul during his misery and difficult circumstances?

4. For David to discipline his soul he had to speak over his life. What are the "I Will" you need to speak over the lies the enemy is trying to make you believe?
5. The rougher the water the more important your anchor is. What types of storms have you been through where you realized if you weren't anchored in Christ you would have been lost in the lies? What would those lies have been, but the truth of God intervened?