

**THE FIGHT OF A LIFETIME!**

**MAN VS**

SELF  
STUFF  
RAGE  
FOOD  
FLESH  
COUCH  
MONEY

**A 7-week challenge designed to help you  
defeat the seven deadly sins!**



**MYCOMPASSCHURCH.COM**

COLLEYVILLE | ROANOKE | VALLEY RANCH

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## COMMUNITY GROUP MATERIALS FOR MAN VS.

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## LET'S GET READY TO RUMBLE!

If you are reading this, it means you are about to get into the ring with some of life's fiercest competitors. You're about to go sixteen rounds with what have been historically called "The Seven Deadly Sins." You will never actually find the phrase "seven deadly sins in the Bible." It's just been a traditional recognition that there are some sinful actions that can not only knock us out, but also give the people around us a black eye or two. History has taught us that these seven are some of the deadliest sins: pride, envy, wrath, gluttony, lust, sloth, and greed. The good news is that we are not going into this fight alone. In our corner we have Jesus Christ. With His help, with His instruction, with His Word, we can put on the gloves with confidence and win the fight of a lifetime.

For the next seven weeks, Compass Church is coming together to go toe to toe with the seven deadly sins. Our fight plan is simple – we're going to win this bout together. During the series there are three elements we are asking everyone to consider doing to get the most out of this:

**1. Daily:** Take 10-15 minutes to complete the Daily Readings and Reflections. These are daily spiritual exercises for you to complete each week within this workbook.

**2. On the Weekends:** Don't miss a Sunday of the Man vs. series. At the service you attend, be sure to record key principles and application points in the weekend Message Notes section of this booklet.

**3. During the Week:** Attend a Community Group in your area, connect with others, watch a teaching DVD, memorize scripture, and discuss how to put everything we are hearing and learning into practice.

\*It is easy to start a Community Group. See pg 10 to learn how. Go to **[mycompasschurch.com](http://mycompasschurch.com)** to learn how to join a Community Group.

Let's do this!

Brandon Beard  
Engage Pastor

# communitygroups

## INTRODUCTION TO COMMUNITY GROUPS

Put simply, a Community Group is a collection of approximately 6-15 people (plus kids!) from a certain geographical area who follow Jesus together and care for one another. They meet weekly to share a meal and discuss the Bible, serve together on the weekends and throughout the community, and support one another in sharing the gospel.

Community Groups at Compass are neighborhood-based, intergenerational, open to anyone, and focused on applying the Bible. (HINT: Read this last sentence again, because it is crucial for “getting” our Community Groups.) Whether you are spiritually curious or a long-time follower of Jesus, you are welcome to be a part of a Community Group!

**Community Groups are committed to together living out Compass’ four core values:**

**NAVIGATE** - navigate people to God by demonstrating kindness, discovering stories, and discerning next steps.

**ENGAGE** - engage in community by eating together, learning together, having fun together, etc.

**SERVE** - identify and meet needs – within the group, at weekend services, in the neighborhood, and beyond.

**WORSHIP** - encourage one another to live a lifestyle of worship through attendance, authenticity, and accountability.

## **NAVIGATE**

A Community Group navigates people to God by...

**Demonstrating kindness** - consistently get off the couch and go out into the community to show kindness to others.

**Discovering stories** - listen to each other, and find out where you have been, where you are now, and where you are going.

**Discerning next steps** - sometimes it's better to invite people to dinner before you invite them to church. Do they need resources? Or is it time to invite them to a Community Group social activity?

## **ENGAGE**

A Community Group is committed to building community by...

**Eating together** - share meals together weekly and frequently get together outside of the regular weekly meeting.

**Learning together** - together we learn how to live out our four core values: Navigate, Engage, Serve, and Worship. Spend time discussing what God has said, what God has done, and what God is doing in our lives!

**Playing together** - have fun doing things like hobbies, exercise, vacation, and kids' activities together!

## **SERVE**

A Community Group helps others in need...

**At Compass** - serve together in one of the various ministries at Compass.

**In the neighborhood** - identify needs in your community, and work together as a group to meet them.

**And beyond** - build a house in Mexico together, or consider spending a week helping one of the missionaries we support.

## **WORSHIP**

A Community Group encourages one another to live a lifestyle of worship through...

**Attendance** - making weekend worship services and community group a priority.

**Authenticity** - building a genuine faith through the practice of spiritual disciplines (prayer, Bible reading, solitude).

**Accountability** - helping one another put God's Word into practice.

# communitygroups

## WHAT A TYPICAL COMMUNITY GROUP LOOKS LIKE

### **Community Building ..... 20-30 minutes**

Sharing a meal together every week creates a friendly atmosphere where strangers can become friends. The meal is a potluck where everyone brings something. Don't over-organize it, and keep it simple. The meal becomes a metaphor for the group because everyone brings something different to the table. Circle around the food, thank God for it, eat, and have some great conversations together! When you're finished, be sure everyone jumps in to help clean up quickly.

### **Discussion ..... 50-60 minutes**

Your Host will help the group spend this time discussing what God has said, what God has done, and what God is doing in our lives! During discussion, we will share specific action steps we are going to take with the material we are focusing on. Commit to hold each other accountable to follow through on specific action steps. It's less about "What do you like about this Bible verse?" and more about "What are you going to do about this Bible verse?"

### **Communications ..... 5-10 minutes**

Your Communicator will take this time to inform the group about next week's Community Group gathering. This is an important time to talk about things like:

- Where are you meeting next week?
- What are we eating next week?
- Who was missing tonight?
- Who is going to call them and see how they are doing?
- What announcements do we need to make?
- What are some of the current needs in this group, or in the neighborhood, and how can we come together to meet them?

**Pray ..... 1-10 minutes**

Prayer is an important part of Biblical community, so it's essential that it takes place more than just within the Community Group gathering. During the gathering, there may be a short closing prayer, and other times the group will break into smaller groups to pray for an extended period of time. However, some of the most meaningful prayer times will take place when accountability partners are assigned, and they each set aside time to pray for each other and the needs of others. It also makes a big impact when group members get together outside of the regular meeting time to pray together during the week.

**When the Gathering is Over ..... 2-5 minutes**

Group members work together to pick up, clean up, and take out the trash at the host home.

# communitygroups

## GROUND RULES OF A COMMUNITY GROUP

- Share feelings as feelings, not fact. We've all been around someone who thinks all their opinions are facts, such as: "Harry Potter is from the devil!" "We all know that Christians should vote Republican." You might feel that way, but that doesn't make it a fact. Stating your opinion like it is fact not only makes you look bad, it can also shut down the lines of communication in a group. So as you share, be careful to share feelings as feelings and not fact.
- Agree to respectfully disagree. There are times in a Community Group that we will disagree with one another. That is a healthy part of community. This ground rule reminds us that it's okay to disagree, as long as we do so in a respectful way. This is not a healthy response: "WHATEVER, JERK, AGREE TO DISAGREE!" The key word in this ground rule is respectfully.
- Feedback is essential and welcome. If you're upset about something or see that something needs to be addressed, give feedback to the right person so they can do something about it. The Community Group cannot improve if you don't give feedback to the right people at the right time.
- Permission to interrupt please. Let's just say it – some people are talkers. And one person talking too much kills a group's momentum. So don't be upset if we interrupt and cut you off. "Hey, motor mouth! It is someone else's turn to talk." "Hey, tangent man! Sorry to cut you off but we need to get back on track!" (Okay, maybe not so harshly, but you get the point.)

- Confidentiality is mandatory. What is said in the Community Group stays in the Community Group. There is no way to create a setting where people can be honest about their struggles if they are afraid someone will talk about it later. The only time confidentiality can be broken is when someone is a danger to themselves or someone else.
- Confrontation required. Our natural tendency is to avoid conflict, but conflict is a vital part of healthy relationships. Many times our avoidance of conflict is a sign of our own selfishness. Someone who continues to watch a friend struggle with alcohol or treat their spouse badly, but says nothing is basically saying, “I don’t love you enough to point out that sinful behavior and help you stop it.”
- Deal with conflict right away and face-to-face. Ephesians 4.26 says “Don’t let the sun go down while you are still angry.” In other words, don’t sweep things under the rug. Deal with them, and do it right away. And DON’T DO CONFLICT OVER EMAIL! Phone conversations are at times acceptable, but face-to-face is always best. It’s not easy, but it’s the only path to authentic community.

# communitygroup

## ROLES

While each member shares the responsibility of making the Community Group function, there are three vital roles in each group:

**Host:** The basic responsibilities of a Host are...

**H** - have a heart or people.

**O** - open your place (meet in a home, coffee house, restaurant, or workplace.)

**S** - serve a snack

**T** - tell a few friends (and turn on a DVD)

*\*Remember, the Host is not a teacher. A Host simply facilitates discussion using the provided materials.*

**Co-Host:** Works together with the Host to help the group focus on applying God's Word to their lives.

**Communicator:** Communicates meeting times, locations, and events to all the group members. A communicators role is to be the conduit between the Church and the Community Group.

### **IT IS EASY TO START A COMMUNITY GROUP DURING MAN VS.**

Get a few friends together, select a Host, Co-Host, and Communicator and attend a one hour Host Orientation. Go to **mycompasschurch.com** to sign up for the next Host Orientation. Our Engage team will help you getstarted and support you every step of the way. Contact [brandonbeard@mycompasschurch.com](mailto:brandonbeard@mycompasschurch.com) if you have any questions.

# communitygroup

## FREQUENTLY ASKED QUESTIONS

- How do I get into a community group?
- What if I don't like the group I am in?
- How do we get more people in our group?
- How should we handle kids in our group?
- My spouse will not attend the group. What should I do?
- I am single, and I am not comfortable in an intergenerational group. What should I do?
- What if I get into a conflict with someone in the group?
- What is the group meeting time is not working for me?
- How long will this group meet?

For answers to these questions and many more, go to **mycompasschurch.com** and click on "Community Groups."

# MESSAGE NOTES

Weekend of Feb 4/5

## MAN vs. Self

Week 1

### **Fighting Words:**

In the space below, write down the key verses that are covered during the message.

### **Keys to the Fight:**

In the space provided, write down the key ideas and principles from the message.

### **Decision:**

Write down the biggest takeaway application from the weekend message, and write down specifically what you are going to do about it.

# DAILY READINGS AND REFLECTIONS

Man vs. Self | Week 1

## Day 1

**Read:** 1 Timothy 4:7-8

**Reflect:** Would you like to have a flat washboard stomach? Would you like to look good in your swimsuit? The infomercial with a six-pack stomach on the infomercial is asking me questions that have obvious answers. As I sit on my couch holding a cold drink, a bag of chips to my left and pillows supporting every square inch of my body, I look at my obtuse midsection and think to myself, “YES! YES! I would love to have a flatter stomach.”

How do I get a flatter stomach? The infomercial presents me with a piece of exercise equipment that is fun, easy to use, and can arrive at my doorstep for three easy payments of \$19.99. At this point they start showing me example after example of people who looked like Shamu the whale before, but after a few weeks of using this miracle device, they are starting to look like a professional bodybuilder. Then I notice the small print at the bottom of the screen. I have to get up off the couch (which is difficult) and get close enough to the TV to read what it says:

Results achieved through a balanced diet and rigorous daily exercise.  
Not typical results. Individual results may vary.

I knew it! You knew it! We all knew it! Getting a washboard stomach is not easy. Spiritual growth is the same way. Looking more like Jesus takes tremendous effort and discipline. But there is one exercise that has proven to be a catalyst for spiritual maturity: memorizing Scripture. Memorizing Scripture is the spiritual equivalent to sit ups. I cannot promise you will lose some physical weight over the next few weeks, but I can assure you that if you commit yourself to memorizing Scripture, you will gain some spiritual weight. Let's get started:

**Challenge:** Using your *Man vs.* memory verse key chain, slowly say Proverbs 11:2 aloud five times.

**Pray:** Jesus, I am asking you to begin to change my heart as I memorize this verse and begin to put it into practice today.

# DAILY READINGS AND REFLECTIONS

Man vs. Self | Week 1

## Day 2

**Read:** Hebrews 4:12

**Reflect:** Remember “cramming” to study the night before a test? Or in my case, the hour before the test? That might work in college, but it does not work when it comes to the transformational memorization of Scripture. I don’t want you to memorize the weekly memory verse just so that you are not embarrassed in front of your Community Group. However, I hope that pressure to say the weekly verse in front of the Community Group provides accountability that helps you follow through on your commitment! I want you to memorize the weekly verses because I know that each one has the power to change your heart. You see, there is a correlation between the amount of Scripture you know in your heart and mind, and the depth of your spiritual life. Notice, I said “knowing it in your heart and mind.” I know people who can quote an entire book of the Bible from memory, but their lives look nothing like Jesus Christ. That is because they know the Scripture, but they memorized it solely for the sake of knowledge. Transformational memorization is about meditating on and working to memorize a verse for an extended period of time so that it becomes a part of your spiritual DNA. This approach to memorizing Scripture removes the toxins of sin from your heart and gives you the upper hand in your struggle against things like pride and the other seven deadly sins.

# DAILY READINGS AND REFLECTIONS

Man vs. Self | Week 1

## Day 2 continued

**Challenge:** Using the *Man vs.* memory verse key chain, write out Proverbs 11:2 three times in the space provided. Don't forget to write the reference as well.

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Pray:** God, I trust that your Word can change my heart and mind. Help me as I meditate on and memorize Proverbs 4:23 this week.

*"Create in me a pure heart, O God." Psalm 51:10*

# DAILY READINGS AND REFLECTIONS

Man vs. Self | Week 1

## Day 3

**Read:** Ezekiel 36:26

**Reflect:** A couple of years ago my father went to the doctor because he was not feeling well. Two days later he was getting an arteriogram. Dye was being injected into his bloodstream in order to see if there were any blockages in his heart's arteries. Soon after that test, he found himself laying on the operating table being prepped for a triple bypass surgery. Thankfully, after a successful surgery and good recovery, he is healthy and enjoying life. My father was fortunate to avoid being one of the 451,326 people in America who died from a heart attack that same year. If my Dad had monitored his heart more consistently, he could have avoided this agonizing experience altogether. When is the last time you took an honest look at the condition of your heart? Are deadly sins like pride, envy, rage, lust, and greed occupying your heart, but you are trying to hide them with good behavior? We act like everything is fine, but our thoughts and feelings expose the condition of our hearts. Guys, you know you should be happy about your friend's promotion, but for some reason, you're not. Ladies, you know it shouldn't bother you that you cannot fit into the jeans that another girl is wearing, but it does. We act like everything is OK, but it's not. Our pride lies to us and says, "You don't need any help. You can handle this on your own." These feelings are just symptoms of a deeper struggle. Let's stop pretending everything is "fine" and slow down enough to examine our hearts.

**Challenge:** Using your *Man vs.* memory verse key chain, read Proverbs 11:2 aloud twice. Without looking, try and say it from memory. Repeat this process 2-3 times.

**Pray:** Search my heart, God. Is there anything in my heart that is not pleasing to you? How is pride affecting my relationship with You and others? (After you pray this prayer, sit silently for at least two minutes and listen. Set a timer if you find yourself paying more attention to the clock than listening to God speak to your heart.)

# DAILY READINGS AND REFLECTIONS

Man vs. Self | Week 1

## Day 4

**Read:** Psalm 119:11. Which deadly sin in your life do you need to more aggressively guard your heart against? Pride? Wrath? Envy? Lust? What is one safeguard you could put in place today?

**Challenge:** Without looking, fill in the blanks of the weekly memory verse below. Once you have completed Fill in the Blanks #1, cover it up and try and complete Fill in the Blanks #2.

### Fill in the Blanks #1

When \_\_\_\_\_ comes, then comes \_\_\_\_\_,  
but with \_\_\_\_\_ comes \_\_\_\_\_.  
\_\_\_\_\_ 11:2

### Fill in the Blanks #2

\_\_\_\_\_ pride \_\_\_\_\_, then \_\_\_\_\_ disgrace, \_\_\_\_\_  
\_\_\_\_\_ comes \_\_\_\_\_.  
\_\_\_\_\_.

**Pray:** Jesus thank you for giving me the tools I need to deal with the sin in my heart. Help me to win the fight with Pride. Help me to keep going, even on the days I don't feel like it.

# DAILY READINGS AND REFLECTIONS

Man vs. Self | Week 1

## Day 5

**Read:** Proverbs 7:1-3

**Reflect:** If you ever watched the show Seinfeld, you might remember this quote from a guy named Izzy Jr.: “Oh, you think you’re better than me? Go ahead, pick out anything in the room here. I’ll lift it up over my head.” The character that said this particular quote is an older gentlemen who is bent on proving that he can do everything the younger guys can do. He is not willing to humble himself and ask for help, and as a result, he hurts his back trying to lift a TV over his head. The episode is ridiculous, but the truth is we look as silly as a sitcom when we allow pride to take residence in our heart. As we finish up the first week of Man vs. let’s not be like Izzy Jr. and try to win this fight alone. Ask for help. If you struggle with pride, acknowledge it to someone in your Community Group and ask them to help you in this struggle. Together, memorize scripture about pride. Together, develop a habit of daily prayer. God is present and available to help you punch it out with the seven deadly sins. Not only that, He put the people in your Community Group to be in your corner and help you.

**Challenge:** Without looking at your *Man vs.* key chain, write this week’s memory verse below. Don’t forget to write down the reference as well. Check it for errors, and review it again if you had to make corrections. After five days of working on this verse, it should start taking permanent residence in your heart and mind.

**First attempt:**

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**Second attempt:**

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## DAILY READINGS AND REFLECTIONS

Man vs. Self | Week 1

### Day 5 continued

**Pray:** Jesus, may the words of Proverbs 11:2 prompt me to avoid the destructive path of pride and walk in humility.

*“May the words of my mouth and the meditation of my heart be  
pleasing in your sight, O LORD, my Rock and my Redeemer.”  
Psalm 19:14*

# DISCUSSION

Man vs. Self | Week 1

## Lean In:

1. What was the most popular clothing brand or fashion trend when you were in High School?

## Memorization Challenge:

2. Give anyone who has memorized this week's memory verse an opportunity to recite the verse aloud.

## DVD:

3. Watch the Man vs. DVD week #1: Man vs. Self. What is one important take away from Trevor's teaching segment on the DVD?

## Look Down:

4. Break into three equal groups. In your groups, look at the following verses and complete the question in the box below. Then set a timer and compete against the other groups to come up with the best marketing slogan for Pride. (See instructions below)

Group #1  
Leviticus 26:19  
Proverbs 16:5  
Proverbs 16:8

Group #2  
Obadiah 1:3  
Deuteronomy 8:14  
Proverbs 16:18

Group #3  
Psalm 10:4  
2 Chronicles 26:16  
Proverbs 13:10

According to these verses,  
what are some of the consequences of Pride?

## **Pride Marketing Slogan Challenge: (Warning: This might be fun, competitive, and actually help you remember to keep fighting this deadly sin!)**

Your group has 7 minutes to create an advertising slogan for Pride. For example: Milk "It does a body good.", M&M's "Melt in your mouth, not in your hands." Be creative, sarcastic, funny, serious, whatever you think will win! After all three groups share their Pride Marketing Slogan vote on the best one and declare a winner. (And then reprimand the winners for being prideful.) All joking aside, pride is such a deadly sin we MUST take it seriously.

## DISCUSSION

Man vs. Self | Week 1

5. Read Proverbs 4:23 aloud three times.

Above all **else...guard...your heart...for everything...you do...flows...** from it. Proverbs 4:23

6. After hearing the verse read a few times, which highlighted word helped you see the verse differently?

The Hebrew word for guard (natsar) means “keep a close eye on” something. Pride is a heart issue. It starts on the inside, spreads like an infection, and then wreaks havoc in our everyday life. If we want to avoid the disgrace that pride brings, we need to “guard our hearts.”

### Look Out:

7. What do people guard instead of their heart? In other words, what is the “all else” in people’s lives?

### Look In:

8. What do you have a tendency to keep a closer eye on than your heart? How is that poisoning your life?

9. What is one thing you can do this week to put things back in order?

# MESSAGE NOTES

Weekend of Feb 11/12

## MAN vs. Stuff

Week 2

### Fighting words:

In the space below, write down the key verses that are covered during the message.

### Keys to the Fight:

In the space provided, write down the key ideas and principles from the message.

### Decision:

Write down the biggest takeaway application from the weekend message, and write down specifically what you are going to do about it.

# DAILY READINGS AND REFLECTIONS

Man vs. Stuff | Week 2

## Day 1

**Read:** Proverbs 14:30, Job 5:2

**Reflect:** Back when my son Nicholas was six and my daughter Katriana was eight, they both participated in our neighborhood swim team. At the end of the summer swim team season, they have an awards banquet. As they announced the results from the championship swim meet, we realized that our son would be getting three medals. We were so excited for him until we realized that our daughter would not be receiving any medals. She put a smile on her face as my wife showed her the medals that her brother was about to receive, but we knew that deep down she was very disappointed, maybe even a bit envious. As my wife showed her the medals before giving them to Nicholas, Katriana asked this question, “Could I at least be the one to give him the medals?” Instead of filling her heart with jealousy, my little eight year old daughter was celebrating her little brother’s success. Celebrating other people’s success is the cure to envy.

**Challenge:** Using the *Man vs.* memory verse key chain, slowly say James 3:16 aloud five times. Be sure to say the reference, James 3:16, aloud as you want to memorize that as well.

**Pray:** Jesus, open my eyes and give me the courage to recognize any envy in my heart.

# DAILY READINGS AND REFLECTIONS

Man vs. Stuff | Week 2

## Day 2

**Read:** James 3:14-16

**Challenge:** Using the *Man vs.* memory verse key chain, write out James 3:16 three times in the space provided. Don't forget to write the reference as well.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Pray:** God, I see the effects of jealousy everywhere. Help me to look in the mirror this week and see where my own envy of others is causing disorder in my heart.

# DAILY READINGS AND REFLECTIONS

Man vs. Stuff | Week 2

## Day 3

**Read:** Proverbs 24:17-20, Galatians 5:26

**Reflect:** Whose success have you been hesitant to celebrate? Who do you know that deserves a pat on the back? A letter? A phone call? Some sort of encouragement? Whose progress have you mentally chalked up to luck and, therefore, refused to acknowledge? Whose achievements have brought to the surface some insecurities in you – insecurities that have caused you to shy away from celebrating their win? Consider taking the time today to celebrate the success of another. It just might free you from the prison of jealousy as you encourage them and affirm the blessings in their life. Repetition of this habit will be life changing.

**Challenge:** Using your *Man vs.* memory verse key chain, read James 3:16 aloud twice. Without looking, try and say it from memory. Repeat this process 2-3 times.

**Pray:** God, show me whose success I need to celebrate. Give me an awareness of when I need to celebrate the success of others and not fall into the trap of jealousy.

# DAILY READINGS AND REFLECTIONS

Man vs. Stuff | Week 2

## Day 4

**Read:** Psalm 37:1-11, Ecclesiastes 4:4

Reflect: When we get envious of others, we lose perspective. When we lose perspective, we start feeling sorry for ourselves and that only adds fuel to our jealousy. May this joke remind you to celebrate the success of others today:

Tom Brady, after living a full life, died. When he got to Heaven, God was showing him around. They came to a modest little house with a faded Patriots flag in the window. "This house is yours for eternity, Tom." said God. "This is very special. Not everyone gets a house up here." Tom felt special indeed, and walked up to his house. On his way up the porch, he noticed another house just around the ...corner. It was a huge 3-story mansion with orange and blue sidewalks and a horseshoe driveway, a 50 foot tall flagpole with an enormous Broncos flag waving in the wind, a swimming pool in the shape of a horse, a Broncos logo in every window, and a Tim Tebow jersey nailed to the front door. Tom looked at God and said, "God, I'm not trying to be ungrateful, but I have a question. I was an all-pro QB, I won 3 Super Bowls, and I even went to the Hall of Fame." God said, "So what's your question, Tom?" "Well, why does Tim Tebow get a better house than me?" God chuckled, and said, "Tom, that's not Tim's house. It's mine." by Paul Sabo.

# DAILY READINGS AND REFLECTIONS

Man vs. Stuff | Week 2

## Day 4 continued

**Challenge:** Without looking, fill in the blanks of the weekly memory verse below. Once you have completed Fill in the Blanks #1, cover it up and try and complete Fill in the Blanks #2.

### Fill in the Blanks #1

For \_\_\_\_\_ you \_\_\_\_\_ envy and \_\_\_\_\_ ambition,  
there \_\_\_\_\_ find \_\_\_\_\_ and every \_\_\_\_\_ practice.  
James \_\_\_\_\_

### Fill in the Blanks #2

\_\_\_\_\_ where \_\_\_\_\_ have \_\_\_\_\_ and selfish  
\_\_\_\_\_, there you \_\_\_\_\_ disorder \_\_\_\_\_  
\_\_\_\_\_ practice.  
\_\_\_\_\_ 3:16

**Pray:** Jesus, help me to remember this verse for the rest of my life. I want to be guided by your words and nothing else. I want to rid myself of envy!

# DAILY READINGS AND REFLECTIONS

Man vs. Stuff | Week 2

## Day 5

**Read:** Romans 1:28-32, Romans 13:12-14

**Reflect:** Has focusing on celebrating the success of others helped you do away with the toxin of envy? It's not easy to admit your struggle with envy, but the truth is most people have to fight against this deadly sin daily. In light of this universal struggle with jealousy, look for an opportunity to share your story with someone in your Community Group today so they might be encouraged to do the same.

**Challenge:** Without looking at your MAN vs. key chain, write this week's memory verse below. Don't forget to write down the reference as well. Check it for errors, and review it again if you had to make corrections. After five days of working on this verse, it should start taking permanent residence in your heart and mind.

### First attempt:

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### Second attempt:

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**Pray:** Lord, sometimes I feel like you owe me something. I get envious of others. But when I open my eyes to what you did for me on the cross, I realize that it's really me that owes you everything.

# DISCUSSION

## Man vs. Stuff | Week 2

1. Describe a time in your life when you were extremely happy for someone else?
2. Give anyone who has memorized this week's memory verse an opportunity to recite the verse aloud.
3. As a group, replace the words "envy" and "selfish ambition" with fictional characters. "For where you have \_\_\_\_\_ (fictional character who is envious) and \_\_\_\_\_ (fictional character who is selfishly ambitious), there you find disorder and every evil practice. James 3:16
4. Watch week 2 "Man vs. Stuff" on the DVD. What is one thing Pastor Patrick said on the video that you want to remember?
5. What words or images come to mind when you hear the following words found in James 3:16:

Envy	Selfish Ambition	Disorder	Evil Practice

6. Where in our world do we see examples of this James 3:16 in action? Explain.
7. The antidote to envy is to celebrate the success of others. Whose success do you need to celebrate today?
8. What can you do this week to begin breaking the cycle of jealousy toward that person?

# MESSAGE NOTES

Weekend of Feb 18/19

## MAN vs. RAGE

Week 3

### **Fighting words:**

In the space below, write down the key verses that are covered during the message.

### **Keys to the Fight:**

In the space provided, write down the key ideas and principles from the message.

### **Decision:**

Write down the biggest takeaway application from the weekend message, and write down specifically what you are going to do about it.

# DAILY READINGS AND REFLECTIONS

Man vs. Rage | Week 3

## Day 1

**Read:** Ephesians 4:31-32

**Reflect:** Every superhero has a weakness. Superman's Achilles' heel was kryptonite. Green Lantern's ring did not work on anything yellow. Wonder Woman's weakness was if you bound her bracelets together, she would become helpless. Not sure how she has survived all these years flying around in an invisible jet! Aquaman was not much help out of the water, and one Wonder Twin without the other was not all that wonderful. For many of us, anger is a weakness we don't think we can do anything about. We feel helpless to stop it, so we focus on justifying it. "I am not yelling, I am just Italian." "Sorry about that, I am just really competitive." While some of us may have an "intense" genetic map, that gives us no excuse or reason to ignore God's call to "get rid of all anger." Anger isn't a matter of circumstances, but a matter of the heart. You don't have to be a superhero to defeat anger, because forgiveness is anger's kryptonite.

**Challenge:** Using the *Man vs.* memory verse key chain, slowly say Ephesians 4:32 aloud five times. Be sure to say the reference, Ephesians 4:32, aloud as you want to memorize that as well.

**Pray:** Jesus, give me the courage to search for the source of my anger. Help me to push the fear and the façade aside so I can see what you want me to see.

# DAILY READINGS AND REFLECTIONS

Man vs. Rage | Week 3

## Day 2

**Read:** Colossians 3:13, Proverbs 29:11

**Reflect:** Author Andy Stanley says this about anger: “Whenever you are hurt or mistreated, there is a sense that something has been taken from you. Someone at work stole your idea that you shared with them in confidence. Mom or Dad robbed you of the opportunity to have a normal life because of their divorce.

We feel that someone owes us because of what they have done. The Bible tells us to get rid of ALL bitterness and anger. The Bible tells us to forgive everyone. To forgive is to cancel the debt. You owe me, but I am canceling the debt. I am deciding that the debt is cancelled. The people who hurt us in the first place can never do anything to give you permission to close the account. We have to forgive. It’s not about being fair or payback, it is about getting rid of it.”

Whose debt do you find it hard to cancel and forgive?

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*“You keep carrying that anger, it’ll eat you up inside.”*

Don Henley Heart of the Matter

# DAILY READINGS AND REFLECTIONS

Man vs. Rage | Week 3

## Day 2 continued

**Challenge:** Using the *Man vs.* memory verse key chain, write out Ephesians 4:32 three times in the space provided. Don't forget to write the reference as well.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Pray:** Jesus, thank you for canceling the debt of my sin with no strings attached. Help me to offer that same kind of forgiveness to EVERYONE.

## DAILY READINGS AND REFLECTIONS

Man vs. Rage | Week 3

### Day 3

**Read:** Matthew 18:21-35, Proverbs 15:1

**Challenge:** Using your *Man vs.* memory verse key chain, read Ephesians 4:32 aloud twice. Without looking, try and say it from memory. Repeat this process 2-3 times.

**Pray:** Pray for the people you find the most difficult to forgive today.

# DAILY READINGS AND REFLECTIONS

Man vs. Rage | Week 3

## Day 4

**Read:** Luke 6:37, Ephesians 6:4

**Challenge:** Without looking, fill in the blanks of the weekly memory verse below. Once you have completed Fill in the Blanks #1, cover it up and try and complete Fill in the Blanks #2.

### Fill in the Blanks #1

Be \_\_\_\_\_ and compassionate to one \_\_\_\_\_, forgiving  
\_\_\_\_\_, just as in \_\_\_\_\_

God \_\_\_\_\_ you.

Ephesians \_\_\_\_\_

### Fill in the Blanks #2

\_\_\_\_\_ kind and \_\_\_\_\_ to \_\_\_\_\_ another,

\_\_\_\_\_ each other, \_\_\_\_\_ Christ

\_\_\_\_\_ forgave you.

\_\_\_\_\_ 4:32

**Pray:** God, help me to think rationally and truthfully when I experience anger.

# DAILY READINGS AND REFLECTIONS

Man vs. Rage | Week 3

## Day 5

**Read:** Psalm 103:1-12

**Reflect:** What illustration of God's forgiveness in Psalm 103:12 do you need to remember most today?

**Challenge:** Without looking at your Man vs. key chain, write this week's memory verse below. Don't forget to write down the reference as well. Check it for errors, and review it again if you had to make corrections. After five days of working on this verse, it should start taking permanent residence in your heart and mind.

**First attempt:**

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**Second attempt:**

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**Pray:** God you know what \_\_\_\_\_ (name of someone you have anger towards - "yourself" might be the answer to this one) needs most. Help me see them, think about them, and forgive them in the way you do.

## DISCUSSION

### Man vs. Rage | Week 3

1. What is your biggest pet peeve?
2. Give anyone who has memorized this week's memory verse an opportunity to recite the verse aloud.
3. Watch week 3 on the Man vs. DVD: MAN vs. Rage. When you get upset, are you more of a turtle (hold things inside) or a hailstorm (outward expression)?
4. Read Ephesians 4:31-32 three times slowly, and sit in silent reflection for two minutes. Ask God to open your minds and hearts to hear what He has to say.
5. Read Ephesians 4:31-32 again. These verses contrast anger and forgiveness. What is the relationship between the two?
6. What are some differences between healthy and unhealthy anger?
7. Share a time when unhealthy anger impacted your life?
8. On this week's DVD, Pastor Brandon asked this question, "Do we have the courage to go searching for where our anger really comes from and why we respond the way we do?" Which of these five sentences below best describes you?
  - A. "I think I know where my anger comes from."
  - B. "I really don't know where my anger comes from."
  - C. "I don't act on my anger. I just hold it all inside."
  - D. "Anger is not really a struggle for me, but it does affect me from time to time."
  - E. "Anger is a serious struggle for me and I could really use the prayers and support of this group to deal with this deadly sin."
9. What are some practical ways that you can release anger and offer forgiveness?

# MESSAGE NOTES

Weekend of Feb 25/26

## MAN vs. FOOD

Week 4

### **Fighting words:**

In the space below, write down the key verses that are covered during the message.

### **Keys to the Fight:**

In the space provided, write down the key ideas and principles from the message.

### **Decision:**

Write down the biggest takeaway application from the weekend message, and write down specifically what you are going to do about it.

# DAILY READINGS AND REFLECTIONS

Man vs. Food | Week 4

## Day 1

**Read:** Proverbs 23:20-21, Proverbs 20:1

**Reflect:** Comedian Jeff Foxworthy found fame and fortune with his “You might be a redneck if...” jokes. Some of my favorites are:  
You might be a redneck if...

1. You ever cut your grass and found a car.
2. More than one living relative is named after a Southern Civil War general.
3. You think the stock market has a fence around it.
4. Your coffee table used to be a telephone cable spool.
5. You’ve ever used a toilet seat as a picture frame.

Redneck jokes are harmless and hilarious. “You might be a glutton jokes” could get the same kind of laughs, but gluttony is not a laughing matter. This deadly sin of over-indulgence is physically and spiritually destructive. Gluttony comes in many forms. It is the over-consumption of food, drink, intoxicants or wealth items to the point of extravagance or waste. At the root of gluttony is a misplaced desire for food, drink, pleasure, etc. Gluttony’s appetite can lead us to a place where we hoard God’s blessings and do not share with the needy. Sin is always easier to spot in other people’s lives. So, as we put on our spiritual boxing gloves and look to duke it out this deadly sin, let’s ask God to open our eyes to gluttonous behavior in our lives. Gluttony may or may not be easily identifiable. Let’s not jump to the conclusion that because we’re in great shape physically, we can skip this week of Man vs.

**Challenge:** Using the *Man vs.* memory verse key chain, slowly say Proverbs 23:20-21 aloud five times. Be sure to say the reference, Proverbs 23:20-21, aloud as you want to memorize that as well.

**Pray:** Jesus, open my eyes to the area of my life that gluttony may be taking root in my life. Set me free and set the people in my life who struggle with over-indulgence free from this deadly sin.

## DAILY READINGS AND REFLECTIONS

Man vs. Food | Week 4

### Day 2

**Read:** Matthew 4:1-11

**Reflect:** Matthew 4 tells us about the temptation of Jesus. Jesus had been praying and fasting for forty days. He was not doing the Slim 4 Life Diet or Weight Watchers to lose weight. Jesus was fasting to prepare for his earthly ministry. Jesus was practicing a spiritual discipline that involves going without food in order to focus on the sustaining love, the almighty power, and presence of our Heavenly Father. Prayer and fasting is not something we do to get something from God. Prayer and fasting is something we do to put ourselves in a position of reliance on God. As you continue to memorize scripture this week, I want you to consider doing a one day water only fast. During the time you would normally eat, spend time in prayer, read your Bible, and memorize this week's Scripture. This is also a great time to catch up on days you have missed in this Man vs. notebook, review the Man vs. memory verses, or listen to a Man vs. weekend message online. If fasting is new to you, go to [mycompasschurch.com](http://mycompasschurch.com), click on "Ministries", then click on "Community Groups." There you can download a document with helpful hints for your fast. Since we're focusing on gluttony this week, it makes a lot of sense to abstain from food. For many of us, we get more comfort from food than God. All too often in life we over-indulge ourselves with material things trying to fill a void in our soul that only God can satisfy. During your day of prayer and fasting, ask Jesus to reveal the areas in your heart and life where you are not relying fully on Him.

# DAILY READINGS AND REFLECTIONS

Man vs. Food | Week 4

## Day 2 continued

**Challenge:** Using the *Man vs.* verse key chain, write out Proverbs 23:20-21 three times in the space provided. Don't forget to write the reference as well.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Pray:** Jesus, I don't want to rely on food, drink, or any material things more than you. I know that gluttony will leave me empty. Only you can satisfy.

# DAILY READINGS AND REFLECTIONS

Man vs. Food | Week 4

## Day 3

**Read:** 1 Corinthians 6:19-20, Proverbs 25:16

**Reflect:** How did the prayer and fasting go? Jot a few notes in the space below that you want to remember from your time prayer and fasting.

Things to Remember from my time of prayer and fasting:

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**Challenge:** Using your *Man vs.* memory verse key chain, read Proverbs 23:20-21 aloud twice. Without looking, try to say it from memory. Repeat this process 2-3 times.

**Pray:** Thank God for your time of prayer and fasting, and pray about when you should fast again.

## DAILY READINGS AND REFLECTIONS

Man vs. Food | Week 4

### Day 4

**Read:** Philippians 3:18-19, Psalm 40:28-31

**Reflect:** After four weeks of Man vs., you might be getting a little tired of the daily reading and memorizing scripture. You might be spiritually exhausted because of the overall struggle to battle these deadly sins. It's typical in any kind of training or diet plan to start strong and then run out of steam. Spiritual growth campaigns are no different. So today, let's hold on to what Isaiah 40 says: "But those who hope in the Lord will renew their strength!" Man vs. is not about us doing all this work and trying to change ourselves. Man vs. is an opportunity to fill our hearts with God's Word. Man vs. is seven weeks of us saying, "God, I cannot do this alone. I need you and I need the people in my Community Group to navigate through this daily struggle with sin." Man vs. is about experiencing the amazing grace of God daily. If you have made it this far, let me just encourage you to KEEP GOING! Don't give up on the power of God's Word and the life changing work of the Holy Spirit.

*"Grace is God's action in my life to accomplish what I cannot accomplish on my own." Dallas Willard*

# DAILY READINGS AND REFLECTIONS

Man vs. Food | Week 4

## Day 4 continued

**Challenge:** Without looking, fill in the blanks of the weekly memory verse below. Once you have completed Fill in the Blanks #1, cover it up and try and complete Fill in the Blanks #2.

### Fill in the Blanks #1

\_\_\_\_\_ who  
\_\_\_\_\_ or \_\_\_\_\_  
\_\_\_\_\_ on \_\_\_\_\_, for \_\_\_\_\_ and  
\_\_\_\_\_, and \_\_\_\_\_  
\_\_\_\_\_ in \_\_\_\_\_. \_\_\_\_\_ 23:20-21

### Fill in the Blanks #2

Do \_\_\_\_\_ those who \_\_\_\_\_  
\_\_\_\_\_ or \_\_\_\_\_ themselves on \_\_\_\_\_, for  
\_\_\_\_\_ and \_\_\_\_\_ become \_\_\_\_\_,  
and \_\_\_\_\_ them in \_\_\_\_\_. Proverbs  
\_\_\_\_\_

**Pray:** God, help me to think rationally and truthfully when I experience anger.

# DAILY READINGS AND REFLECTIONS

Man vs. Food | Week 4

## Day 5

**Read:** Romans 12:1-2

**Reflect:** I am overwhelmed with conviction and irony. Why is that? Well, I am sitting here going through my Bible reading about gluttony. I am studying what the Scriptures have to say about the deadly sin of over-indulgence. While I turn the pages of my Bible, I am working at a beautiful table that has two laptop computers, a smartphone, and iPod sitting on it. I am sitting in one of many rooms of this large house. The next room over is a large kitchen. It has an oversized stainless refrigerator full of food and a pantry with enough food to live on for a month.

Is it wrong to have all these things and all this food? That's debatable. Sometimes it's flat out sinful that I have so much to share, yet share so very little with those in need. Am I a glutton? Absolutely, at least in some areas of my life. I need to remember that I am blessed to be a blessing, not blessed to be a glutton. Am I living a life of over-indulgence? Not all the time. But there are times when my appetite for food, drink, or material things can outweigh my desire to serve Jesus. However, it can be easy to wade out of the waters of conviction I feel and play the comparison game, "At least I am not as gluttonous as Jabba the Hutt." "At least I am not as over-indulgent as Donald Trump." If I do that, I completely miss out on what Jesus wants to do in my life. If I get real with Jesus and really listen, He speaks - through His word, through the Church, and through others in my life. He calls me to become more like Him. What has this week of focusing on gluttony revealed to you? What area of your life is God calling you to be more faithful to him in?

# DAILY READINGS AND REFLECTIONS

Man vs. Food | Week 4

## Day 5 continued

**Challenge:** Without looking at your Man vs. key chain, write this week's memory verse below. Don't forget to write down the reference as well. Check it for errors, and review it again if you had to make corrections. After five days of working on this verse, it should start taking permanent residence in your heart and mind.

### First attempt:

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### Second attempt:

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**Pray:** Finish these sentences a number of times as your prayer today.

Jesus thank you for\_\_\_\_\_.

Jesus help me to overcome \_\_\_\_\_.

Give me strength to \_\_\_\_\_.

## DISCUSSION

Man vs. Food | Week 4

1. In your opinion, what dessert is almost irresistible?
2. Give anyone who has memorized this week's memory verse an opportunity to recite the verse aloud.
3. Gluttony is allowing our "flesh" to dictate our actions. Read Galatians 5:13-26. What do you learn about "the flesh?" What do you learn about the Spirit?
4. Watch week 4 on the Man vs. DVD: Man vs. Food. Why are deadly sins like gluttony so difficult for us to talk about?
5. One of the "fruits of the spirit" in Galatians 5 is self-control. Share about someone you know who used to be out of control but now demonstrates self-control.
6. What is one area of your life that you need to have more self-control? Why?
7. Read Galatians 5:1. What is one thing you will do this week to stand firm against the sinful desires of your flesh?
8. Read Isaiah 55:1-2 and thank God for being the only thing that truly satisfies. "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare."

## MESSAGE NOTES

Weekend of Mar 3/4

### MAN vs. FLESH

Week 5

#### **Fighting words:**

In the space below, write down the key verses that are covered during the message.

#### **Keys to the Fight:**

In the space provided, write down the key ideas and principles from the message.

#### **Decision:**

Write down the biggest takeaway application from the weekend message, and write down specifically what you are going to do about it.

# DAILY READINGS AND REFLECTIONS

Man vs. Flesh | Week 5

## Day 1

**Read:** 1 Corinthians 6:12-20, Proverbs 14:12, Ephesians 5:3

**Reflect:** When I first met Tony and Amber, they might as well have been named Ken and Barbie. This sharp looking couple had a dream house, luxury cars, designer clothes, and all the toys you can imagine. This power couple was living the American Dream. But that dream became a nightmare. Things did not fall apart overnight. In the process of working hard to acquire what appeared to be the ultimate life, they had ignored God's will for their lives. Like an slow moving oil slick, the effects of sin made an awful mess of their family, marriage, and finances. Lust turned into infidelity and that was the final nail in the coffin of their relationship. It appeared that sexual sin had TKO'd another marriage. Tony and Amber reached out to the church for help. They walked in full of guilt and shame and they left full of hope and grace. Tony and Amber began to follow Jesus. They started a journey of healing that included counseling, joining a community group, and faithfully attending church. It's been a long bumpy road, but I am happy to report that three years have gone by and their marriage has been saved by the grace of God. People told them they were wasting their time. No one believed they had a chance. But God had other plans. Tony and Amber want you to know their story. They want you to know that the guilt of sexual sin can be erased by confession and forgiveness. Author Dallas Willard says, "The life we wanted is possible if we will rearrange our life around the plans and practices of Jesus Christ." Tony and Amber are living proof that Jesus Christ can give us victory over the sins of the flesh. Tony and Amber currently reside in Denver, Colorado. I just received their family Christmas card and I have never seen bigger smiles on their kids' faces.

**Challenge:** Using the *Man vs.* memory verse key chain, slowly say Proverbs 28:13 aloud five times. Be sure to say the reference. Proverbs 28:13, aloud as you want to memorize that as well.

**Pray:** Look at Romans 8:1 & thank God for this life altering truth.

# DAILY READINGS AND REFLECTIONS

Man vs. Flesh | Week 5

## Day 2

**Read:** James 5:16, I John 1:9, Luke 15:17-21

**Reflect:** Tony and Amber discovered healing when they decided to follow Jesus. They discovered that confession is the cure to guilt. Do you find yourself continually struggling with the same sins and the guilt that is linked to them? Which important steps to confession do the FIRST TWO passages above advise us to take?

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Which step or steps have you neglected to follow?

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Guilt is not always a bad thing. Guilt was one of the things that brought the prodigal son back home. Jesus told this story to show us how He will respond to our sin and guilt when we “come home” through confession. Let’s break the chains of lust and the other deadly sins through confession.

# DAILY READINGS AND REFLECTIONS

Man vs. Flesh | Week 5

## Day 2 continued

**Challenge:** Using the Man vs. memory verse key chain, write out Proverbs 28:13 three times in the space provided. Don't forget to write the reference as well.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Pray:** Make Psalm 51:1-2 your prayer of confession today.

*“Have mercy on me, O God, according to your unfailing love; according to your great compassion, blot out my transgressions. Wash away all my iniquity and cleanse me from sin.”*

## DAILY READINGS AND REFLECTIONS

Man vs. Flesh | Week 5

### Day 3

**Read:** Psalm 119:59-60, 1 John 2:15-16

**Reflect:** An important step in the process of true confession is repentance. Repentance is not accomplished by feeling sorry or feeling guilty for what you have done. Repentance is stopping what is wrong and starting what is right. In the Contemporary English Version, Matthew 3:8 says it this way, “Do something to show that you have really given up your sins.” For the gossip, it’s about stopping the gossip and starting to encourage others. For the alcoholic, it’s about stopping the trips to the liquor store and starting AA meetings. For those who are constantly deleting the history of their web browser, it’s about stopping your hidden struggle and starting to tell someone about it. Is there a toxic attitude or behavior that you need to stop? What do you need to do to start making a true change?

**Challenge:** Using your *Man vs.* memory verse key chain, read Proverbs 28:13 aloud twice. Without looking, try to say it from memory. Repeat this process 2-3 times.

**Pray:** Make Psalm 41:4 your prayer today.

*“O Lord, have mercy on me; heal me,  
for I have sinned against you.”*

# DAILY READINGS AND REFLECTIONS

Man vs. Flesh | Week 5

## Day 4

**Read:** Nehemiah 9:1-3 & Psalm 32:5, Matthew 5:27-30

**Challenge:** Without looking, fill in the blanks of the weekly memory verse below. Once you have completed Fill in the Blanks #1, cover it up and try and complete Fill in the Blanks #2.

### Fill in the Blanks #1

Whoever \_\_\_\_\_ does not \_\_\_\_\_,  
but the \_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_ finds \_\_\_\_\_. Proverbs \_\_\_\_\_

### Fill in the Blanks #2

\_\_\_\_\_ their \_\_\_\_\_ does \_\_\_\_\_  
\_\_\_\_\_, \_\_\_\_\_ the \_\_\_\_\_ and  
\_\_\_\_\_ them \_\_\_\_\_. \_\_\_\_\_ 28.13

**Pray:** Make Psalm 130:1-3 your prayer today.

*“Out of the depths I cry to you, O LORD; O Lord, hear my voice. Let your ears be attentive to my cry for mercy. If you, O LORD, kept a record of sins, O Lord, who could stand? But with you there is forgiveness; therefore you are feared.”*

# DAILY READINGS AND REFLECTIONS

Man vs. Flesh | Week 5

## Day 5

**Read:** Psalm 32:1-7

**Reflect:** Has focusing on confession helped you fight against the deadly sin of lust? Perhaps there was another struggle that confession has helped you battle. Look for an opportunity to share your story with someone in your Community Group today so they might be encouraged to do the same.

**Challenge:** Without looking at your Man vs. key chain, write this week's memory verse below. Don't forget to write down the reference as well. Check it for errors, and review it again if you had to make corrections. After five days of working on this verse, it should start taking permanent residence in your heart and mind.

**First attempt:**

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**Second attempt:**

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**Pray:** God, thank you for listening to me. Thank you for forgiving me. Thank you for giving me freedom from guilt through confession and repentance. Thank you for Tony and Amber's story of redemption.

## DISCUSSION

Man vs. Flesh | Week 5

\*There will be a plate of warm Chocolate Chip Cookies sitting in the middle of the room.

DO NOT EAT THEM UNTIL YOUR COMMUNITY GROUP HOST GIVES YOU THE GREEN LIGHT TO DO SO.\*

1. Describe a time when you've been stuck somewhere and how you got out?
2. Give anyone who has memorized this week's memory verse an opportunity to recite the verse aloud.

This week's daily readings reminded us that sexual sin, like all the deadly sins, can place an unbearable amount of guilt on our shoulders. If ignored, we fall into a vicious cycle of sin, guilt, and shame.

3. Read Romans 8:1 in several different translations.

*"Therefore, there is now no condemnation for those who are in Christ Jesus." Romans 8:1 (NIV)*

*"So now, those who are in Christ Jesus are not judged guilty." Romans 8:1 (New Century Version)*

*"With the arrival of Jesus, the Messiah, that fateful dilemma is resolved. Those who enter into Christ's being-here-for-us no longer have to live under a continuous, low-lying black cloud." Romans 8:1 (The Message)*

*"So now there is no condemnation for those who belong to Christ Jesus." Romans 8:1 (NLT)*

4. Read Romans 8:1 below. What are some of the important words in this verse and why?

*"Therefore, there is now no condemnation for those who are in Christ Jesus." Romans 8:1 (NIV)*

## DISCUSSION

Man vs. Flesh | Week 5

5. Watch week 5 on the Man vs. DVD: Man vs. Flesh.

Break into separate men's and women's groups and discuss the following:

6. Describe the life of a person living under the "black cloud" of guilt.

7. Talk about a time in your life when you struggled to believe the truth of Romans 8:1.

8. What unresolved feelings of guilt are weighing you down?

9. Say Proverbs 28:13 one more time. When it comes to this battle of Man vs. Flesh, what is one thing you will do tonight or this week to start winning the battle?

# MESSAGE NOTES

Weekend of Mar 10/11

## MAN vs. COUCH

Week 6

### **Fighting words:**

In the space below, write down the key verses that are covered during the message.

### **Keys to the Fight:**

In the space provided, write down the key ideas and principles from the message.

### **Decision:**

Write down the biggest takeaway application from the weekend message, and write down specifically what you are going to do about it.

## DAILY READINGS AND REFLECTIONS

Man vs. Couch | Week 6

### Day 1

**Read:** Proverbs 6:6-11, Proverbs 21:25, Proverbs 24:30-34

**Reflect:** I imagine that for those of you who are older, one of the most frustrating things about the younger generation is their propensity towards slothfulness – their refusal to simply work hard because that’s what they’re supposed to do. Working hard is undervalued in our world. We care about fulfilling our dreams, raising our social status, and having all sorts of exciting experiences, but on the whole, we just don’t value hard work for its own sake. “A little sleep, a little slumber, a little folding of the hands to rest”—this could easily be our motto. Not all of you need to hear this message, but for those of you that do, hear it well: GET OFF THE COUCH! Stop being a sloth! Under no circumstances does laziness honor God. Working hard is not optional for anyone, much less those who profess to worship the One True God—Maker and Sustainer of heaven and earth. Truth be told, most of us fully intend to do what needs to be done—we just fall prey to the myth of “I’ll do it later.” This is often truest when it comes to the things of God. Whether it’s working on ourselves or reaching out to others, we know what needs to be done, but we consistently say, “I’ll get to that later.” In this battle of Man vs. Couch, let’s not be lazy about growing in character and partnering with God to change the world. Sadly, many of us have left more of an imprint on our family room couch than the people God has placed in our lives. Let’s stop being sluggish about the things of God. Most of us need to rest more in certain areas of our life, while in others we need to work harder. In the columns below, list a few aspects of your life that fit into each category. If you would like, cut out this chart, put it in a memorable spot, and take small steps to even out the scales.

# DAILY READINGS AND REFLECTIONS

Man vs. Couch | Week 6

## Day 1 continued

Rest	Work Harder

**Challenge:** Using the *Man vs.* memory verse key chain, slowly say Colossians 3:17 aloud five times. Be sure to say the reference, Colossians 3:17, aloud as you want to memorize that as well.

**Pray:** Jesus, you were never tired of doing the work of God. You were always busy, but never rushed. How did you do that? How can I do that? Empower me to work hard. Root out laziness from my life.

# DAILY READINGS AND REFLECTIONS

Man vs. Couch | Week 6

## Day 2

**Read:** Proverbs 12:11, Proverbs 28:19

**Reflect:** This is a true story, but the names have been changed for the sake of anonymity. Jack and Jill are married. Jack recently purchased a top of the line Harley Davidson motorcycle and spends 4 nights a week rehearsing with his “band” chasing his dream of being a musician. Jack does not have a job because he is holding out for a “high-paying management position”. Meanwhile, his wife works full-time to provide the basic necessities for their 3 children and to fund Jack’s “dreams”. Behind on their mortgage, Jack wasn’t willing to part with some of his prized possessions or work a job that didn’t “fit his gifts and talents” in order to provide for his family. Sadly, Jack and Jill are now divorced. Sometimes following your dreams is a bad idea. Sometimes following your dreams ruins people’s lives. Sometimes following your dreams is nothing more than chasing fantasies, and it is time to let them go. It is time to find another way to be okay with the life you have made for yourself, with the lot you have been given. It is time to recognize that however you got where you are, God is there with you. While God may want to transform your situation in many ways, preoccupying yourself with what you don’t have or what you can’t do can tear you and your family apart. I have yet another difficult challenge today (I suppose we should expect as much, given that this week’s focus is Man vs. Couch): Don’t follow your dreams. Just do the right thing. Concern yourselves not with what might have been, but with what you need to do right now for the people under your care. Put Paul’s words into practice: “Each of you should look not to your own interests, but to the interests of others” (Phil 2.4). Care about somebody other than yourself, and do whatever it takes to help them out. I hope I don’t sound insensitive, and once again this message isn’t for everyone, but it probably is for some of you who think it’s for someone else.

# DAILY READINGS AND REFLECTIONS

Man vs. Couch | Week 6

## Day 2 continued

In the space below, write out some ways that today's meditation might apply to you. If you don't think it applies at all, write about why (and what can you learn from it anyway). If you can think of other people who it applies to, pray diligently for them, asking God to show them the truth about their situation and to change their hearts.

RECORD:

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**Challenge:** Using the *Man vs.* memory verse key chain, write out Colossians 3:17 three times in the space provided. Don't forget to write the reference as well.

1. 

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2. 

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3. 

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**Pray:** Jesus, deep down I want whatever you want for me. I know that my life is in your hands, and so for now I will trust you and work hard in my present situation. I don't want slothfulness to define any part of my life. Help me to keep an attitude like your own; help me to enjoy and reflect the love that you have shown me.

# DAILY READINGS AND REFLECTIONS

Man vs. Couch | Week 6

## Day 3

**Read:** Proverbs 13:4; Proverbs 16:26

**Reflect:** These verses set forth the two primary ingredients for winning the battle of Man vs. Couch. Work, in the broadest sense, includes these two elements above all others: desire and diligence. If you have it in your heart to accomplish something—anything, really—you must have and keep both desire and diligence. Otherwise you will never get off the couch. Desire, simply put, is the strong urge to achieve or accomplish or attain. You’ve got to want it, whatever it may be. This is true in our spiritual life as well as every other aspect of life. But desire is more than just a want or a wish; desire is more of a thirst, a passionate willingness to doggedly pursue what you have in mind to be or do. If you were to ask me how you might accomplish something great—whether developing character or starting a business or anything else—my first question would come easy: How badly do you want it? Yet as crucial as desire is, desire alone will not prevail. Desire must meet diligence for success to happen. The dictionary defines diligence as “careful or persistent effort.” You must not only want something. You must also carefully and persistently work to get it. Diligence translates wish lists into plans, dreams into strategies. Diligence means staying the course when desire wanes. Diligence means never giving up, never quitting. When desire meets diligence, we say NO to sloth and get off the couch. When desire meets diligence, good things happen, dreams become reality, and work gets done.

These principles can obviously apply to countless situations, but for now let’s focus on your relationship with God. Reflect on these two simple questions: How badly do you desire deeper love for and faith in God? How diligently are you pursuing these ideals? Do you need to get off the couch physically and spiritually?

**Challenge:** Using your *Man vs.* memory verse key chain, read Colossians 3:17 aloud twice. Without looking, try and say it from memory. Repeat this process 2-3 times.

**Pray:** Jesus, put in my heart dreams that honor you, not just those that please me. Enlarge my appetite for you and the things that you care about, and empower me to diligently pursue those things.

## DAILY READINGS AND REFLECTIONS

Man vs. Couch | Week 6

### Day 4

**Read:** Proverbs 20:13, Proverbs 14:23

**Reflect:** During Man vs., we have read many verses from the book of Proverbs, especially this week as we focus on slothfulness. One concern in studying Proverbs is that we tend to read its maxims as promises. They are not always promises, but often express general truths with many possible exceptions. For example, many times in Proverbs, we read simple statements about how the righteous prosper and the wicked do not. But the simple fact is that life doesn't always work this way (the biblical book of Job is one particularly notable exception). Or take Proverbs 26:4-5, for instance. In verse 4, the wise teacher tells us not to "answer a fool according to his folly." We are told that in doing so, we will become like the fool himself. In the very next verse, however, we are told precisely the opposite: "Answer a fool according to his folly," for otherwise he will think he is wise, while in fact he is anything but. These verses illustrate for us what the authors of Proverbs are trying to accomplish: they want to make us think. They have reflected on life from the perspective that God is involved in all of it, and they offer many simple sayings to cause us to join in their reflection. We must always keep this in mind when reading this book, so that we don't expect something from God that He has not actually promised us. That being said, Proverbs has much to offer us on the seven deadly sins, especially slothfulness. So let's continue to open up our hearts, and invite God to work in our lives in powerful ways.

# DAILY READINGS AND REFLECTIONS

Man vs. Couch | Week 6

## Day 4 continued

**Challenge:** Without looking, fill in the blanks of the weekly memory verse below. Once you have completed Fill in the Blanks #1, cover it up and try and complete Fill in the Blanks #2.

### Fill in the Blanks #1

And \_\_\_\_\_, whether in \_\_\_\_\_ or \_\_\_\_\_, \_\_\_\_\_ it \_\_\_\_\_ the \_\_\_\_\_ of the \_\_\_\_\_ . Giving \_\_\_\_\_ to \_\_\_\_\_ the \_\_\_\_\_ through \_\_\_\_\_ . Colossians \_\_\_\_\_

### Fill in the Blanks #2

\_\_\_\_\_ you \_\_\_\_\_, \_\_\_\_\_ in \_\_\_\_\_ or \_\_\_\_\_, do it \_\_\_\_\_ in the \_\_\_\_\_ of the \_\_\_\_\_, \_\_\_\_\_ to \_\_\_\_\_ .  
\_\_\_\_\_ 3:17

**Pray:** Jesus, today I want to honor you with everything I do. I don't just want to memorize Colossians 3:17, I want to live it!

# DAILY READINGS AND REFLECTIONS

Man vs. Couch | Week 6

## Day 5

**Read:** Proverbs 26:14-16

**Challenge:** Without looking at your *Man vs.* key chain, write this week's memory verse below. Don't forget to write down the reference as well. Check it for errors, and review it again if you had to make corrections. After five days of working on this verse, it should start taking permanent residence in your heart and mind.

**First attempt:**

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**Second attempt:**

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**Pray:** Pray for the other people in your Community Group today. Ask Jesus to work in their lives as you go through *Man vs.* together. As soon as you finish praying, make a couple phone calls or send a few emails to those people. Let them know you prayed for them and encourage them to keep going through the *Man vs.* materials.

# DAILY READINGS AND REFLECTIONS

Man vs. Couch | Week 6

1. What is the best story you know of that illustrates hard work and perseverance paying off? (Can be from real life, a movie, a book, etc)  
Note: If someone mentions any of the Rocky movies, you have biblical grounds to remove them from the Community Group.
2. Give anyone who has memorized this week's memory verse an opportunity to recite the verse aloud.
3. Watch Week 6 of the Man vs. DVD: Man vs. Couch.

In the book of 2 Timothy, Paul spends a great deal of time encouraging and mentoring his young apprentice, Timothy. Paul's encouragement to Timothy is full of numerous principles that we can apply to our life, work, and ministry.

4. Read 2 Timothy 2:1-13. What are the pictures of endurance and hard work that Paul tells Timothy to emulate in his ministry? What characteristics of these examples does Paul highlight? (Write them in the box below so you can remember them)

Pictures of Endurance	Characteristics

5. What purposes of endurance and hard work does Paul share with Timothy in this passage?

Purposes of endurance and hard work....

## **DISCUSSION**

Man vs. Couch | Week 6

6. What are some of the most common excuses people make for their laziness?
7. What picture or purpose of endurance from 2 Timothy do you need to remember the most this week? Why?
8. Read Colossians 3:17 one more time. What situation might you face this week where you can put this verse into practice?

# MESSAGE NOTES

Weekend of Mar 17/18

## MAN vs. MONEY

Week 7

### **Fighting words:**

In the space below, write down the key verses that are covered during the message.

### **Keys to the Fight:**

In the space provided, write down the key ideas and principles from the message.

### **Decision:**

Write down the biggest takeaway application from the weekend message, and write down specifically what you are going to do about it.

# DAILY READINGS AND REFLECTIONS

Man vs. Money | Week 7

## Day 1

**Read:** Psalm 119:36 , Proverbs 23:19-20

**Reflect:** We had planned to spend a week in Palm Springs with my wife's big fat Greek family, but it looked like our vacation was going to be over before it started. When we arrived at the resort, we had to wait in the lobby while they tried to find a room for us. "The room" was a condo that we had reserved and paid for months earlier. We had a receipt, but they did not have us in their system. After two long hours, they found our reservation and we got the keys. "Sorry about that" and a smile was just not good enough for my wife's sister, who was there with us. She talked to the manager and got us a \$100 credit and a nice gift basket to apologize for the inconvenience. Now to some people, one hundred bucks is not that big of a deal. But as far as I was concerned, I had just won the vacation lottery. What would I do with the \$100? Golf? A massage? My mind was processing all kinds of things until my wife said, "Let's buy all my sisters and their families something to drink or eat at the pool." At this moment I am thinking, "WHAT?! Are you kidding me?! This is MY \$100, and you want to spend it on your big fat Greek family?! NO WAY!" But instead of blurting out what was going on inside my heart, with a fake smile I said, "Oh...yeah, of course, that's...a great idea." My greedy heart was exposed. What was your first thought when that tax return check came in the mail? How did you want to spend that last bonus? Is it hard for you to give away money? It is for me. I don't like to admit it, but greed is a deadly sin that resides in my heart. What about you? Who is winning the battle of Man vs. Money?

**Challenge:** Using the Man Vs memory verse key chain, slowly say Hebrews 13:5 aloud five times. Be sure to say the reference, Hebrews 13:5, aloud as you want to memorize that as well.

**Pray:** Father, I ask you to turn my heart toward You and Your will, not my selfish desires.

## DAILY READINGS AND REFLECTIONS

Man vs. Money | Week 7

### Day 2

**Read:** Luke 12:15, Mark 7:20-23

**Reflect:** My two friends and I decided to go out for breakfast at Gladstone's. Gladstone's is my favorite breakfast place on the beach in Southern California. After breakfast, we went down to the beach to take in the beauty of God's creation and pray together. Just before we were getting ready to leave the beach, a homeless man walked up to us and asked me if he could borrow my Bible. The Bible in my hand was a Bible I purchased in college and was full of my personal study notes. Hardcover, silver-edged pages, the works...it was my favorite Bible. I asked the man, "Do you own a Bible?" He said "No." At that moment, I had a sick feeling in my gut because I knew what God wanted me to do, but I had no desire to do it. Greed is subtle. It is not a financial issue. I have seen greed in a village in Africa and have seen it in Beverly Hills. Greed is a heart issue, and its antiserum is generosity. It would have been a waste of time to tell the homeless guy to wait while I prayed and asked God to give me a generous heart. If we wait until we feel generous, we will never break the grip greed has on our lives. So as painful as it was, I handed him my favorite Bible and said, "You can have it." At that moment, the greed I had felt in my gut earlier was immediately replaced by a great internal joy. If you and I make this generosity thing a habit, we might just rid ourselves of greed and live as God intended.

# DAILY READINGS AND REFLECTIONS

Man vs. Money | Week 7

## Day 2 continued

**Challenge:** Using the Man vs. memory verse key chain, write out Hebrews 13:5 three times in the space provided. Don't forget to write the reference as well.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Pray:** Jesus, show me the areas in my life where I need to say, "You can have it - I am not the owner, you are." Help me to be a good steward, not a greedy one.

## DAILY READINGS AND REFLECTIONS

Man vs. Money | Week 7

### Day 3

**Read:** 1 Timothy 6:9, Proverbs 15:27 Ephesians 6:10-17

**Reflect:** Seven weeks ago, you started training for the fight of a lifetime. You and many others at Compass Church decided to go toe to toe with the seven deadly sins. I am sure that this spiritual training regimen has not always been easy. Anytime we open our Bibles, anytime we memorize scripture, anytime we come together to fight sin like this, Satan and his demons take notice. I love the words of Ephesians 6:10-17. It is worth reading a second time. That passage is the apostle Paul's final exhortation in his letter to the Church in Ephesus. The Christians he was writing to were living in a city whose slogan was probably "What happens in Ephesus, stays in Ephesus." My prayer is that like the early Christians in Ephesus, you will put on the armor of God daily. And remember, this armor Paul tells us to put on is not just for protection. The armor of God gives us the upper hand to go on the offensive to say no to things greedy, and say yes to a life of generosity.

**Challenge:** Using your *Man vs.* memory verse key chain, read Hebrews 13:5 aloud twice. Without looking, try and say it from memory. Repeat this process 2-3 times.

**Pray:** God, open my eyes today to see opportunities to be generous.

# DAILY READINGS AND REFLECTIONS

Man vs. Money | Week 7

## Day 4

**Read:** 1 Chronicles 29:10-20, Ecclesiastes 5:10

**Reflect:** Did you miss any of the weekend messages from the *Man vs.* series. Go to [mycompasschurch.com](http://mycompasschurch.com) click on “Messages” to watch or listen. Finish *Man vs.* strong by memorizing this week’s verse, completing this booklet to the end.

**Challenge:** Without looking, fill in the blanks of the weekly memory verse below. Once you have completed Fill in the Blanks #1, cover it up and try and complete Fill in the Blanks #2.

### Fill in the Blanks #1

Keep your \_\_\_\_\_ free from the \_\_\_\_\_ money and be  
\_\_\_\_\_ with what \_\_\_\_\_, because \_\_\_\_\_ has said,  
“\_\_\_\_\_ will I \_\_\_\_\_ you; never will I \_\_\_\_\_ you.”

Hebrews \_\_\_\_\_

### Fill in the Blanks #2

\_\_\_\_\_ lives \_\_\_\_\_  
the love of \_\_\_\_\_ and \_\_\_\_\_ content \_\_\_\_\_  
\_\_\_\_\_ you have, \_\_\_\_\_ God \_\_\_\_\_  
said, “Never \_\_\_\_\_;  
never \_\_\_\_\_.”  
\_\_\_\_\_ 13:5

**Pray:** Everything is yours, Father God. Help me to be generous toward others and rid myself of greed.

# DAILY READINGS AND REFLECTIONS

Man vs. Money | Week 7

## Day 5

**Read:** 2 Corinthians 8:1-9, Matthew 16:26

**Reflect:** Go back to the beginning of this booklet and flip through the pages. See if you can recite any of the verses you memorized. Celebrate your success and evaluate the experience. What is one thing God made clear to you during Man vs.? What deadly sin do you need to pay the most attention to? What are you thankful for? What will you do differently during our next Community Group campaign? How will you celebrate the conclusion of this experience?

Consider writing a thank you note to the Host, Co-Host, and Communicator of your Community Group. They have been generous with their time. They helped get the group together during this series, facilitate the discussion, and kept everyone in the communication loop. Thank you to all of our Hosts, Co-Host, and Communicators for making Man vs. a great series for our entire church.

**Challenge:** Without looking at your *Man vs.* key chain, write this week's memory verse below. Don't forget to write down the reference as well. Check it for errors, and review it again if you had to make corrections. After five days of working on this verse, it should start taking permanent residence in your heart and mind.

**First attempt:**

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**Second attempt:**

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## DAILY READINGS AND REFLECTIONS

Man vs. Money | Week 7

### Day 5 continued

**Pray:** Take a few moments to thank God for the generous people you know. If you have trouble thinking of someone, think about the generous people who host Community Groups in their homes, or the generous people at Compass who faithfully give in order to help build a church that impacts so many lives.

## DISCUSSION

### Man vs. Money | Week 7

1. What is the most useless Christmas or birthday present you have ever received?
2. Give anyone who has memorized this week's memory verse an opportunity to recite the verse aloud.
3. (Optional) Divide into two (or three) groups and have one person from each group draw a picture that represents the meaning of this verse. Come together to share and discuss your pictures. (If you like your pictures, send them in, and we'll give a prize to the group with the best picture. If your pictures are horrible, laugh at yourselves.) This is a great activity to involve the kids in your group, but we're all big kids, so lighten up and try and have some fun.
4. Watch week 7 of the Man Vs. DVD: Man vs. Money.
5. Read Hebrews 13:5. What does this verse tell us about God and money?
6. Who is someone you know like Pastor Brandon's grandparents, whose life is free from the love of money?
7. Why is it so difficult for people to be content?
8. What would be the most difficult possession for you to let go of in order to help someone in need?
9. What one way will you personally practice generosity this week?
10. What can this group do to practice generosity in our community?

**Identify a need and plan a project to be carried out within the next three weeks. See your weekly Communicator's Guide for some ideas.**

## WHAT IS NEXT?

Congratulations! You completed Man vs.! It is time to celebrate! Have a party and celebrate what God has done in and through your group during the past seven weeks.

My prayer is that after seven weeks of daily intake of scripture, after hearing seven solid weekend messages, and after seven application focused Community Group meetings you are experiencing more victories in the daily struggle with the seven deadly sins. This series was intended to provide you with the guidance, tools, and support you need to not only knockout sin and but have a closer relationship God and each other.

### WHAT IS NEXT?

After the Man vs. series, you and your Community Group will decide whether to continue or conclude.

**1) CONTINUE:** You have fulfilled your seven week commitment, but your group is welcome to do another Community Group series together. Consider participating in the “Not a Fan” series that starts the week after Easter. Not a Fan is a four week series that will challenge us to become a completely committed followers of Jesus. Go to [notafan.com](http://notafan.com) to learn more about the next life changing series at Compass. After the four week “Not a Fan” series, our Community Groups will take a break for the summer, and will do a seven week campaign called “Supernatural” in the fall.

**2) CONCLUDE:** Your group may choose to stop gathering after the series. Celebrate what God did in your group and thank everyone for participating. If some members wish to continue while others choose not to, that is perfectly fine. You can always invite new friends to the group. If you don't know anyone to invite, please consider going to Group Connect, which takes place once a month at Compass. At Group Connect, you will have the chance to meet people who are looking to get into a Community Group. However, if some in the group want to continue, but the HOST is not going to fulfill that roll anymore, simply select a new HOST.

A new HOST just needs to contact our Compass Engage Team to sign up for a one hour Host Orientation. To RSVP for the next HOST Orientation, contact [marcymchenry@mycompasschurch.com](mailto:marcymchenry@mycompasschurch.com) or call 817.906.1478 x296.

## MY COMMUNITY GROUP

My Community Group meets on:

\_\_\_\_\_ at \_\_\_\_\_.  
(Day) (Time)

NAME	CONTACT PHONE	EMAIL
HOST		
CO-HOST		
COMMUNICATOR		

