



NS LIFE GROUPS

NorthStar Church

Ebenezer – Ghost of Christmas Past

Genesis 31-33

December 2, 2018

Main Idea: How to deal with the “ghosts” of your past.

Icebreaker: Is there a song, movie, or maybe even smell, that when you hear it, see it, or smell it, it brings back such vivid memories of the past that it’s almost like you are there again? What is that for you?

Study:

In this week’s sermon, we learned about Jacob who had stolen his older brother Esau’s blessing and birthright and ruined their relationship to the point that Esau threatened to kill him. Until God changed his life, Jacob’s identity was based on his past mistakes as a self-centered deceiver.

3 keys to defeating ghosts of the past:

1. **Face your past. (31:3, 28, 32:3-6)** No matter how scary or bad it may be, you need to face your past.
 - What mistakes, wounds, sins, etc., in your past have you had to face in your walk with God or do you currently need to face in your walk with God?
 - Why is doing this healthy and necessary?
2. **Stand on the promises of God. (32:9-12)** We shouldn’t focus on our circumstances or how we feel about them. Rather, we need to focus on what God says to us and says about us in His Word.
 - **Read each of the following Scriptures and discuss what God’s promise is in each one: I John 1:9; Romans 8:31,37; Romans 8:1; Philippians 1:6**
 - How can believing these promises from God affect the way we view and deal with our past?
3. **Let God change your identity (32:22-31)** By facing our past and then focusing on God’s promises, we can fully realize the new identity God offers us in Christ.
 - How has God already changed your identity through a relationship with Christ?
 - Are you fully walking in that identity? If not, why not?

Application:

1. How exactly do you need to take action to face your past this week? (*Examples: A phone call or a meal with someone you need to extend forgiveness to or ask forgiveness of; Confessing sin to someone; Release something out of your control to God; etc.*)
2. Which of God’s promises do you need to stand firm on today? What do you need to believe that He says about you or to you?
3. What would it look like for you to fully walk out your identity in Christ?

Pray:

Pray for each person in your group, their various requests, and for any specific areas of life discussed this week.