

Committed

The Myth of the One (Week 1)

LifeNotes

TALK IT OVER

Main Idea

Culture's ideas about relationships should have us all committed. If you want healthy relationships, begin with healthy choices.

Key Scriptures

The heart is deceitful above all things and beyond cure. Who can understand it? Jeremiah 17:9

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:22-24

Blessed is the one who trusts in the Lord and whose trust is the Lord. For they will be like a tree planted by the water, that extends its roots by a stream and will not fear when the heat comes; Jeremiah 17:7-8

The myth of The One is a straitjacket we were never meant to wear.

Our hearts try to convince us The One will lead us to our "happy ever after".

Healthy Relationship Choices:

1. Listen to your heart but decide with your head.
2. Let others off the hook for your happiness.
3. Trust in Jesus to be the One.

Start talking.

- How are all of us wired for relationships?
- What are some crazy relationship ideas from pop culture?
- What are the negative impacts of those ideas?

Start thinking.

- Read Jeremiah 17:9. That is such a strong statement. What is your initial response? How is the heart deceitful?
- Joel used the illustration of a ship with sails but no rudder. How does that metaphor connect to the verse?
- Read Ephesians 4:22-24. What does Paul mean by the "old self"? How do we put it off?
- Joel made the comment that culture's ideas about relationships are like a straitjacket. It identifies a problem, but doesn't offer a long term solution. What is the solution Paul offers in the Ephesians passage?

Start sharing.

- How have you been sucked in to culture's crazy ideas/ideals about relationships?
- What are some practical negative impacts in your relationships with believing in the Myth of the One?
- Read through the list of Healthy Relationship Choices. Which one connects most prominently to you and your current circumstance?

Start doing.

- Read Jeremiah 17:7-8. List anyone other than Christ that you have (even in subtle ways) been tempted to trust in to be your One.
- Rewrite the verse, and whenever it says "the one", "they", and "its" replace with your name and/or pronoun.

Closing prayer.

Lord Jesus I confess that at times I have trusted in others, and other things to be my One. Give me the courage to let them off the hook in my life. To take off the straitjacket of culture's ideas about relationships and instead to plant myself deeper into your word and your presence. Help me to trust practically and daily that you are my One.