

# FIGHT CLUBS

at

CITYVIEW CHURCH



— SECTION 1: INTRODUCTION —

**Review of Talking Points and Take-Aways from Dodson's Book:**

- The Gospel is for Christians as well as non-believers, and we need it just as much as those who don't know Jesus (albeit in a slightly different way).
- Christians also have a knack for falling into sin, and deal with this struggle in a myriad of unhelpful ways (despair, surrender, disregard, etc.).
- Sin tends to fester where community falters and Truth is not spoken.
- The battle has ultimately been won by Christ, but we must labor to defeat sin in light of our fallen flesh while we are here on earth.
- True repentance and faithful following of Christ is a daily heart posture, not a one-time decision.
- Confession of sin must not be divested from true repentance; holiness must not be reduced to morality. Putting our conscience at peace is not the goal; the glory of God in the gospel (that Jesus died for sinners by the grace of God) is.
- Accountability and discipleship are not the goals of this ministry – the gospel and the glory of God are.
- To truly engage our people we must engage their hearts (the seat of motivation, will, mind, and emotion), and let them taste the richness of Christ. [taken from 'Religious Affections' by Jonathan Edwards]
- To be a disciple of Jesus and fight sin effectively, we must delight in God's promises as well as soberly heed his warnings.
- We need to *be* the Church instead of *doing* church, which involves a threefold conversion:
  - First, to Christ (being a regenerate believer);
  - Second to the Church (a covenant community);
  - Third to Mission (gospel-centered cultural and personal evangelism)
- Sanctification is not an overnight process, but rather a lifelong perseverance.
- Proper accountability comes out of living in community.
- Fight Clubs are ultimately about life and joy (vivification, walking in the light, true victory over sin), not death and sorrow (confession of sin, repentance, sorrow).
- Fight Club usually runs like this:
  - Text-Theology-Life: a Scripture study with discussion, encouragement from the theology found in the Bible, and then plugging that theology into practical everyday life (avoiding certain things, doing certain things, etc.)
- Fight Clubs are either 2 or 3 people of same-gender.
  - If someone else wants to join a group of 3, let them observe a meeting or two but then split into two groups of 2 in order to keep the groups effective.
- Fight Club Rules:
  - Know your sin (where are you weakest and where is sin in your life?)
  - Fight your sin (what tools will you use, and who will you fight with?)
  - Trust your Savior (who gets the glory, and what is the goal?)

## Background of Fight Clubs, Vision for Fight Clubs at CityView

- There is a huge lack of discipleship, sanctification, and Gospel-centered accountability in the Church today
- Knowledge of the Bible is not widespread, and where it is present there is rarely a method for applying it and living it out
- Difficulties with traditional Bible study:
  - o Biblical content rarely goes into actual life application, and has a tendency to become nebulous ‘good ideas to live by,’ but rarely do we mold our lives around Scripture
  - o Commitment to a solid Bible study is hard to obtain, which hurts discussion. This makes continuity and consistency a constant struggle.
- Difficulties with traditional accountability: (two different kinds of error)
  - o “How was your week?”
    - Eventually if left unchecked, accountability times can be a weekly review of events in which sin can easily be glossed over or left unaddressed.
  - o “Have you lied to us?”
    - If we follow a rigid set of questions our sanctification can become a rigid legalistic checklist which leaves out the matters of the heart.

## **The Uniqueness and Strength of Fight Clubs:**

- integrated Bible Study and Accountability leads to Scripture-fueled Sanctification  
“Text, Theology, Life” (*Text* → *Theology* → *Life*)
- this way, our Bible study time (‘text’) asks bigger questions about the Gospel (‘theology’) and doesn’t stagnate – rather theology makes its way into our daily walks with Christ (‘life’)
- along those same lines, our accountability time is fueled by the Scriptures and doesn’t become a legalistic checklist or a stale week-in-review session

## → MY VISION FOR FIGHT CLUBS:

- That CityView wouldn’t be a church of people who just know about the Bible, but who actually live out the Bible.
- That we would labor for each other in prayer and actively sharpen each other toward living for Christ and becoming fruit-bearing believers.

## --- SECTION 2: HOW TO DO FIGHT CLUBS ---

### How to do Fight Clubs

- Find a dude/chick to do life with – preferably someone you know well and are in regular contact with
- Find a consistent time to meet and make it a priority
- Agree on principles (confidence, openness, etc.)
- Share your testimonies - be honest and give a full picture of who you are
- Walk through Scripture and find ways to put it into your lives (follow the “Text, Theology, Life” model)
- Pray through your spiritual growth and keep the glory of God at the center of what you’re doing
- Keep a record of your prayers and how God answers them
- Multiply (split) your group when you get over three people

### Fight Club Rules

- Know your sin
  - o Where are you inclined to sin, what form does that sin take, and what is ultimately the source of that sin?
- Fight your sin
  - o How do you go about living in obedience/victory/redemption rather than just treating the symptoms of your sin?
- Trust your Savior
  - o What does the Bible say about you, your sin, and Jesus?

### Benefits/Weaknesses of Fight Clubs (Pitfalls and Pointers)

- Benefits:
  - o It is easily tailored to fit your individual personality and struggles (i.e. study James if you’re dealing with verbally sinning).
  - o It plugs the Bible directly into your life – there are no pre-made checklists or generalities.
  - o The small size makes the groups easy to adapt and easy to share life.
- Weaknesses:
  - o You must know the Bible fairly well - if you don’t know what it says and what it means, how will you be able to live it out?
  - o You must know yourself very well – if you don’t understand where you’re in sin, this will be tougher to walk through. Fight Clubs will definitely help you get to know yourself and your partners, though.
  - o It is not a set curriculum. This challenges you to take initiative in your own sanctification and follow the Holy Spirit as you walk through life.
  - o The small size of these groups is a huge priority, which makes multiplication very important – this can become a source of tension if not handled correctly.
- Suggestions for successful sharpening:

- Set a time and stick to it; turn cell phones off and keep this time as a priority both in your mind and on your calendar
- Memorize relevant Scriptures to your sins (do this together)
- Keep written records of prayer requests, specific struggles, the Scriptures walked through, and the progress in those areas; revisit these each week and tie each week's process of sanctification together.
- Pray for each other daily and keep in regular contact (text messages, quick emails, etc.)
- Pitfalls to avoid:
  - Don't become legalistic, gloss over questions, or fail to dig into your partners' answers
  - Don't forget the previous weeks' discussions and
  - Don't forget the big picture vision of what we're striving for: the glory of God and mature, fruit-bearing believers working out the process of sanctification together
  - Don't be afraid to admit failure or struggles that have crept back in