

FOLLOW FOLLOW

TEEFAITH

03-08-2020

Thank you, dear Jesus, for another beautiful time to learn again.

I pray that you teach us your word and we learn everything you want us to.

I also pray that you put your words in my mouth and you open our hearts to absorb all the juice☺

In your mighty name (which is Jesus ☺) we pray.

Amen!

Our theme for this week is ***Follow-follow*** ☺

If you're on Twitter, you're probably familiar with the term "follow for follow". In other words, I follow you and you follow me back!

Or "like for follow". As in, follow everyone who likes the post.

While I think that's a terrible way to grow your follower count and curate your timeline, my focus today is to get you to understand the theme for this week.

Maybe 'terrible' isn't the right word but that tactic isn't good for your page and today isn't a social media class.

So, leggo ☺

In this case, we're talking about a chain of "following".

I've divided this theme into sub-topics that will be treated in the next study days.

Today: Introduction to *_follow-follow_*

***Wednesday:** What it means to follow Christ

***Friday:** Follow me as I follow Christ.

Friday's topic will be further divided into:

☐ Who you follow

☐ Who is following you

There are several Bible verses that talk about following Christ.

In fact, if you look at all those verses at once, it'd seem like God is 'shouting' at you that you **MUST** follow!

Holding your ears and all that to get you to take the right track

Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me.

John 12:26 NIV

Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

Matthew 16:24 NIV

Whoever does not take up their cross and follow me is not worthy of me.☐

Matthew 10:38 NIV

And he even went ahead to select his disciples by telling them to FOLLOW him.

Take up your cross, follow me.

Drop your fishing nets, follow me.

I can make you whole, follow me.

It shows how important it is to actually "follow" him

He isn't just asking us to accept him and say yeah, *_I've joined the Jesus geng_*.

He's saying, *_plis dear, follow me_*

Isn't it interesting how he straight up told the disciples he handpicked to "follow" him.

That means it is from following him that they will even have access to the other numerous things and yes, they did.

I said this cos it's one thing to say "I'm saved" and another thing to ***deliberately*** follow Christ and his footsteps.

Look at this!

☒ We know that we have come to know him if we keep his commands. ☒☒

☒ Whoever says, "I know him," but does not do what he commands is a liar, and the truth is not in that person. *_drag us_* ☒

☒ But if anyone obeys his word, love for God is truly made complete in them. ☒

☒ This is how we know we are in him: Whoever claims to live in him **MUST** live as Jesus did. ☒

Again and again, we are reminded of this followership.

Not once did Jesus say *"instead of following me, you can follow others to substitute me"*

There was always that emphasis of following HIM

It's easy to start following other people more than you follow Christ.

Is it wrong to follow people? Nope

Where's that bro Paul's verse

Follow my example, as I follow the example of Christ.

1 Corinthians 11:1 NIV

Paul did ask people to follow him but did he stop there? Nope!

He said one thing that's key ***...as I follow Christ***

We'll talk more about this on Friday ☺☺

But the ***key point*** here is to know who you're following.

Everything should point you back to the cross. Point you back to Christ.

Don't, in the process of finding your feet in the kingdom, get lost in another person's world.

If you must get lost, it should be in Christ, please ☺

There's a current wave of "Follow-follow" habit and it's not just on social media.

It exists in the house of God and among the brethren.

It's easy to think you don't know much, you aren't 'worthy' or don't have the 'rhema' other people do.

You might think you're not enough, yep.

But one thing that will forever be true is that ***Christ is enough***.

Always has. Always is. Always will be.

And that brings us to the end of today's session.

We'll tackle the rest in the coming days ☐

Dear Jesus,

Thank you for today's session and for the subsequent sessions we'll have in the coming days.

Thank you for the understanding that we have and will always have.

Thank you for your word. Thank you for the minds here, including mine, that are constantly learning.

We pray that you continue to help us to grow in wisdom and in every area of our lives.

Amen!

05-08-2020

Hi Ladies, should we have our Bible study now? ☑

Thank you gracious father for another opportunity to learn here.

Thank you for the last session and for what we're about to learn.

I pray that you open our hearts to learn all that you want us to.

In Jesus' name.

Amen!

On Monday, we broke down the theme of the week into sections.

***Monday:** Introduction to *_follow-follow_*

***Wednesday:** What it means to follow Christ

***Friday:** Follow me as I follow Christ.

Friday's topic will be further divided into:

☒ Who you follow

☒ Who is following you

Today is on ***What it means to follow Christ***

Following Christ requires giving up a whole lot just to ***choose*** to go with him all the way.

It requires ***total dedication***. ***Deliberateness***. ***Consciousness***

So, today, we'll be looking at Bible verses that will point us to what exactly it means to follow Christ.

Then he called the crowd to him along with his disciples and said: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

Mark 8:34 NIV

Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me.

John 12:26 NIV

Following Christ means:

??

1 ☐ ☐ ***To Pray like him***

There were many instances in the Bible where it was mentioned that Jesus prayed. He prayed for literally everything!

*_During the days of Jesus' life on earth, he offered up ***prayers and petitions*** with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission._*

Hebrews 5:7 NIV

One of the things our pastor mentioned during Sunday's service was that *_"we should never get to a point where we think prayers do not work"_*

Cos it does!

We should normalize praying for everything

It's not until you skabash. It could be a simple communication between you and your father.

When Jesus said "let this cup pass over me". It was a prayer. A simple one.

There were also times he stayed apart from his disciples just to pray. He prayed in the temple. Prayed on the mountain. Prayed on the cross.

Prayed ***everywhere*** and ***at all times***.

☑ Make that a part of you.

2 ☐ ☐ ***Worship God***

☑ Yet a time is coming and has now come when the ***true worshipers*** will worship the Father in the Spirit and in truth, for they are the ***kind of worshipers*** the Father seeks.

☑ God is spirit, and his worshipers must worship in the Spirit and in truth.”

John 4:23-24 NIV

God seeks a specific kind of worship. And who do you think he's expecting it from?

YOU!

You have the life of Christ and it is expected of you to worship God in spirit and in truth.

I know it may sound cliché cos we talk about this all the time but a constant reminder won't hurt.

WORSHIP is beyond listening to music or feeling emotional.

Make it a habit to ***constantly reverence*** God.

Make worship a lifestyle. Live a life pleasing to God that it is a sweet aroma to him.

Even if you feel you're not worthy, remember he still sees you through the same lens, as HIS child.

Licensed to call him Abba, now and always ☞

What does it mean to follow God?

3 ☐ ☐ ***Deny Yourself and Take Up the Cross***

☞ Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

☞ For whoever wants to save their life will lose it, but whoever loses their life for me will find it.

☞ What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?

Matthew 16:24-26 NIV

☞ “If anyone comes to me and does not hate father and mother, wife and children, brothers and sisters—yes, even their own life—such a person cannot be my disciple.

☞ And whoever does not carry their cross and follow me cannot be my disciple.

Luke 14:26-27 NIV

Please, read those verses carefully.

Was God asking them to forget their family entirely? NO!

But we all need to get to that point where all that matters is Jesus. It is no longer about you.

Understood?

If you're yet to get to the point where you easily deny yourself for Christ's sake, then know that there's still a lot to do on your path.

We've mentioned here many times how we are all in full-time ministry.

Here's a reminder, if you've forgotten

Everything points back to Christ

Please note: ***Denying yourself is not a destination***.

It's a journey

Every day, we deny ourselves. We say no to the flesh. We refuse to give in.

We choose Christ. Now and always.

Don't say "oh, I've denied myself. That's all".

While you work hard, the devil works even harder.

Decide to ALWAYS choose Christ

Because "whoever does not carry their cross and follow me cannot be my disciple"

So, you want to follow Christ?

What should you do?

DENY yourself and pick up the cross ☒

4☐☐ ***Be his Friend***

You are my friends if you DO what I command.☒

I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. 2

John 15:14-15 NIV

This is another beautiful way to FOLLOW Christ!

Be his friend.

He already calls you his friend. When will you embrace this title? 2

5 2 2 ***Be Holy***

Of course. That's his nature.

If you want to associate with TeeFaith, you can't be a chronic liar and be stealing up and down. 2

If you want to associate with Christ, holiness is a criteria. Let's not stain his white 2

But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy." 2 2

1 Peter 1:15-16 NIV

What does it mean to follow Christ?

So far we have:

1. Pray

2. Worship

3. Deny yourself and take up the cross

4. Be his friend

5. Be holy

6. ***Abide in his word***

So Jesus said to the Jews who had believed him, "If you ***abide in my word***, you are truly my disciples,

John 8:31 ESV

To the Jews who had believed him, Jesus said, "If you ***hold to my teaching***, you are really my disciples.

John 8:31 NIV

I will worship toward Your holy temple, And praise Your name For Your lovingkindness and Your truth;
For You have magnified Your word above all Your name.

Psalms 138:2 NKJV

God takes his word seriously.

And remember John 1:1, one simple scripture that lets us know that Jesus Christ is the word

So, if Jesus is the word and we are following Jesus, that means what?

WE FOLLOW THE WORD!

The word is important.

Read it. Study it. Understand it. Digest it. Meditate on it. Live it.

Who's still with me?

7☐☐ ***Serve!***

☒So when He had washed their feet, taken His garments, and sat down again, He said to them, “Do you know what I have done to you?

☒You call Me Teacher and Lord, and you say well, for so I am.

☒If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet.

☒For I have given you an example, that you should do as I have done to you.

John 13:12-15 NKJV

Be ready and willing to serve others

Let it come naturally to you. Do it selflessly cos it's what Christ would want you to do.

8☐☐ ***Walk in Love***

Follow God’s example, therefore, as dearly loved children and ***walk in the way of love***, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Ephesians 5:1-2 NIV

☒ Do not be surprised, my brothers and sisters, if the world hates you.☒

☒ We know that we have passed from death to life, because ***we love each other.***

☒ Anyone who does not love remains in death.☒☒♀

1 John 3:13-14 NIV

Love is the nature of Christ. To follow him means to learn to walk in love at all times.

It's not theory. It should be practical.

Your speech. Your acts. Your social media posts. WhatsApp groups. Status. etc.

9☐☐ ***Bear Fruits***

You can't be in Christ and choose not to be fruitful.

☒ "I am the vine; you are the branches. If you REMAIN in me and I in you, you will bear much FRUIT;
***apart from me you can do nothing*.** _wiun_☒

☒ If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned.☒

☒ If you REMAIN in me and my words remain in you, ask WHATEVER you wish, and it will be done for you.
This is to my Father's glory, that you BEAR MUCH FRUIT, showing yourselves to be my disciples.

John 15:5-8 NIV

It is God's will that you should be fruitful

🔗 ***Let Your Light Shine***

In the same way, ***let your light shine*** before others, that they may see your good deeds and glorify your Father in heaven.

Matthew 5:16 NIV

Keywords: light, before others...

Show off God's goodness.

Boast in the Lord.

Let your light shine. You have the light inside of you already.

If you choose to follow Christ, you also need to let the light out.

Don't keep it under a bushel. God has blessed you with enough creativity, show it forth

Don't let unbelievers take all the credit. Go out and stand in line. Be that believer raising the flag high that "yes, Jesus did this"

You have it in you. It's time to step out from the shadow

What does it mean to follow Christ?

So far we have:

1. Pray
2. Worship
3. Deny yourself and take up the cross
4. Be his friend

5. Be holy
6. Abide in his word
7. Serve
8. Walk in love
9. Bear fruits
10. Let your light shine

100100 ***Follow the leading of his voice***

My sheep listen to my voice; I know them, and they follow me.

John 10:27 NIV

Does Jesus know you?

Do you know his voice?

Yes? Do you follow his voice?

100200 ***Be ready to be persecuted***

In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted,

2 Timothy 3:12 NIV

Hmm...🤔👩

So, now that we have chosen to follow him, we should be ready to be persecuted? 🤔

Persecution comes in different ways too!

I'm currently following mid-week service as I do this study with you and one thing I just jotted in my note from the sermon not quite long was:

"Be ready to speak with boldness and give premeditated response. Anticipate being persecuted or being questioned""

The question now is: ***are we ready?***

If we are held hostage right now, without our Bibles or Google, can we defend our faith?

Can we hold tight when being persecuted?

Be ready to be persecuted

Wrote this down earlier today and hearing it from this sermon again is kinda a reminder for every one of us.

Keyword: BE READY

It'll happen, one way or the other.

Don't be offended when it does ☹

What if someone spits on your face while you're preaching to them? ☹

1☐☐3☐☐ ***Be ready to be hated by all men***

You will be ***hated*** by everyone because of me, but the one who stands firm to the end will be saved.

Matthew 10:22 NIV

?

E hard small but we move ?

So, what does it mean to follow Christ?

Okay, let's conclude?

Conclusion

Whoever does not take up their cross and follow me is not worthy of me.

Matthew 10:38 NIV

? Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them.

? For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.

? The world and its desires pass away, but whoever does the will of God lives forever.

1 John 2:15-17 NIV

Whoever does the will of God lives forever

Yes, be saved. Yes. Yes. Salvation is the key.

But also, be conscious about following Christ!

There's too much focus on "making heaven" but we forget that there's so much more to do on this earth!

Let us Pray

Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever.
Amen.

Hebrews 13:20-21 NIV

Amen.

Thanks for following, fam ☐

07-08-2020

Thank you, dear Jesus, for this session we're about to kickstart and for all that we've learnt so far.

I pray that you open our hearts to learn much more today.

In Jesus' name. Amen.

So far...

Monday: Introduction to *_follow-follow_*

Wednesday: What it means to follow Christ

Friday: Follow me as I follow Christ.

Today's topic will be further divided into:

☑ Who you follow

☒Who is following you

Follow my example, as I follow the example of Christ.

1 Corinthians 11:1 NIV

We touched a bit on this verse on Monday and it'll be our core text for today

This was Apostle Paul speaking.

It's no news that he had people who diligently followed him. Even today, we still read his epistles to the churches.

But he was clear on ***as I follow the example of Christ***

WHO YOU FOLLOW

☒The first thing to note is that the person ***follows the example of Christ***.

This should be the foundational criteria.

It's not enough to say "oh, but he's a pastor" "he said he's born again".

They could look quite spiritual on the physical but ***do they FOLLOW THE EXAMPLE OF CHRIST?***

Or is it just a demo for them?

Have you ever entered a "spiritual gathering" and you immediately felt it in your spirit that "something is wrong"? "This doesn't seem right"?

There are cases where God points it out to you clearly that someone, a certain minister, isn't actually following the examples of Christ.

And you sit there, wondering why there are believers following this person still. Can't they see it? Can't they tell that this person is moving in the direct opposite Christ is?

Las las, everyone will have followers. Whether they are saying the truth or in error.

And this brings us to the next point

☒ ***Know Christ for yourself***

It's important to know the path you're on.

Yea, everyone starts with the baby steps but whoever is leading you on from day 1 needs to teach you to understand that ***you have a personal access to Christ as they do***.

It is the same salvation that they were saved that you are also saved.

You have accepted the lordship of Jesus Christ. The next thing is to get on the journey of KNOWING him.

So, you want to know who to follow?

Start by working on yourself too.

Do you know what you believe? What was preached to you?

The holy spirit will guide your steps, always.

But you must have a relationship with Christ first.

☒ ***Look for certain characters***

Dear friend, do not imitate what is evil but what is good. Anyone who does what is good is from God. Anyone who does what is evil has not seen God.

3 John 1:11 NIV

If you're looking to follow someone, you want someone who exhibit characters that you will be willing to embrace as a child of God too

The people you follow somehow rubs off on you at some point.

Apart from spiritual matters now, have you noticed that you sometimes unconsciously certain people that you look up to or that are close to you?

There was a time I was trying to improve my speech in 2014, that was when I started watching Michelle Obama.

I loved how she spoke and somehow, I was almost imitating how she picked her words and everything Social media too...

When you look up to someone while trying to improve your craft, you might gradually start "talking (typing/writing)" like them

Growing up as a teenager, I knew @Faremotobi and was a Follow-follow for years. (I'm still a fan 🙏).

I eventually discovered that I learnt how to respond to certain matters in a better and calmer way cos I was always ***watching*** him.

I also started to teach and break things down like he did. Cos I liked it and wanted to be 'that good'. So, it rubbed off on me, *_small small_*

So, while you look up to people to follow, check out their characters.

What are the key things you want to pick or imitate from their way of life?

Check the leader of a team and look at the team members.

The attitude of the leader towards the group could rub off on the other team members.

It might not be conscious but you'll just realize that you naturally pick some things up.

So, don't goan mix with somebody that will stain your white or add sand inside your garri ☹

Some of you have even started preaching or praying like your pastor ☹

I like to joke that usually in a Christian setting, members tend to 'pray alike'.

Just a simple joke in my head, you know.

But if you tie a band on my eyes and play a sermon or a prayer session from Celebration church, I'll tell you that's CCI!

And if you play a prayer session from RCCG convention, I can tell that's from RCCG

Cos somehow, they just tend to sound a certain way. Or is it just me? ☹

Who you follow matters.

☹ ***Look up to the elderly ones***

Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you.

Hebrews 13:17 NIV

Yeah, maturity is not by age but age is still a factor.

Look up to people who have gone ahead of you in the faith and learn from them. Look up to people in authorities.

Naturally, you should start from there. Start from your local church. People near you.

Don't start looking for what didn't lost.

God has placed you in a place where you have all you need to grow.

If you can't find anyone suitable to follow in your local church, you're probably in the wrong place

Before Pandemic wahala, I loved how the pastor in charge of my local church taught the word.

I looked forward to Tuesday digging deep cos he took that all the time and takes his time to *_shalaye_*

You just know that "this man studied abeg. He did his assignment"

I've listened to sermons from other pastors in the church and I just feel "nah! Surface level" but when I listen to him, it's gem.

So, I always look up to him and it encouraged me to always dig deeper in the word and not just come to present Surface level sermons to people.

That's one person in my local church.

📌 ***Look at others too***

Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do.

Philippians 3:17 NIV

Here, Paul was saying although you see me as a model of Christ, there are others who also live "as we do"

You are in the position to choose.

Choose carefully. Choose wisely.

Don't despise based on age or gender

Even in this group or in your circle, there are people you can look up to and follow.

Btw, following doesn't mean you have to bug them or get them to 'mentor' you or talk to you every day.

You can learn A LOT from somebody from afar. Not every time "mentor me".

Follow them on social media. Join the online classes they teach. Read their books. Listen to their podcasts. Watch their videos.

There are certain people that once I hear they are teaching an online class somewhere or IG live, off I go to join them 🙌📺

You are in the position to choose

Who are you choosing?

This is in conjunction with ***Leaders***

So, I'll add this verse to this section:

Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.

Hebrews 13:7 NIV

That's all for the first section.

Second: ***WHO IS FOLLOWING YOU***

Not to put pressure but once in a while, we need to pause and check ourselves too.

Ask yourself questions.

[07/08, 20:19] TeeFaithy: 1. Why do people follow Jesus?

2. What made Paul confident to say "follow me" "imitate me"?

3. Why should anyone even follow me?

Therefore I urge you to imitate me.

1 Corinthians 4:16 NIV

What is this confidence ??

Follow my example, as I follow the example of Christ.

1 Corinthians 11:1 NIV

This one too ??

Can I boldly say ***VOW ladies, I urge you to imitate me*?** ?

Are you someone we can point to and say "you see that lady? Follow her and you won't regret it"

Are we beginning to commend ourselves again? Or do we need, like some people, letters of recommendation to you or from you?

You yourselves are our letter, written on our hearts, known and read by everyone.

You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts.

2 Corinthians 3:1-3 NIV

So, what have you learnt so far from following Christ and following others who follow the examples of Christ.

We are living epistles. Our stories aren't in the Bible but regardless, people read us.

As a Christian, you aren't only responsible for yourself.

When you accepted Christ, you stopped living just for yourself.

You live with the consciousness that you now have a purpose and a higher source who's trusting on you to contribute your bit to making this world a better place and of course, win more souls to the Kingdom.

So, whether we like it or not, we have to behave.

People shouldn't follow us and enter mud.

Don't start saying "I no kuku send anyone to follow me" 🤔🤔

The same way you look up to others, there are others looking up to you, even if they are your siblings.

Once again, no pressure. It's just for us to constantly check ourselves and fix up where necessary.

As we have pointed out in the first section on "who you follow", remember that ***you can't keep holding other people to higher standards and expecting much from them when you yourself have no standard***

Two things are involved:

1. You care less about growth

2. You're showing that you haven't learned anything from the follow-follow so far

It should reflect in your way of life.

Let people look at you and be convinced to ask "who do you follow?!" "Who is your mentor?!"

On this note, I'll like to add that it's okay to switch the people you follow too.

You don't have to stick to one person until the end of time🙏🙏🙏

Once you realize that there's so much you can learn and you aren't getting it from the current person you follow, look at the next person who exhibits the characters you're looking to imitate.

You can also follow multiple people at a time but be careful that they all don't have contradicting interests.

For one, they should all have a common goal, which is ***to follow the examples of Christ***

I keep learning and growing every day and who I am today is not by accident.

The people I have followed over the last few years, God bless their souls. It has transformed my life.

So, keep learning. Keep growing.

Don't be stagnant. Don't try to do it all alone. That's not how God designed us.

That's why we have this community, to learn and grow together.

As we wrap up, there's one illustration I'll like to give that has stayed with me for years but I'll use a voice note to explain.

Okay, ladies. That brings us to the end of this theme.

What's our theme again?

Follow-follow 🗉

I hope from today, we carefully choose who we follow and we can be certain that there are people following us as we follow Christ

It is my prayer that as we take this journey seriously, we won't end up in the wrong arms and we won't lead others astray either.

We will continue to grow from grace to grace, strength to strength, as we fulfil God's purpose for us on this earth.

In Jesus' name.

And the house will say...?

Thank you too, Ladies, for following²

Aremotobi: Thank you so much, Oluwatosin.

Quick question.

What exactly does 'unfollow' involve?

So, if I have been following someone but now I see that the person has deviated, what would unfollowing mean?

Blocking the person, attacking the person's fake rhema or just quietly not paying attention to the person.

I hope you get?

ANSWER Just *japa* nau

[It depends but one thing you shouldn't do is to also 'deviate' like attacking them or insulting or publicly shaming or something. That's not Christlike either. Wrong can't cancel wrong.

For me, I just gradually drift away. Yeah, it's disappointing and you could get triggered cos someone you kinda held in high esteem went left. So, I just step aside and focus on 'healing' (if it pained me that much ☹️) and find my feet back.

I think it's easier when it's not someone you know personally that mentors you one-on-one (in this case, I don't have the best answer)

I think personally, it's probably happened to me once. One that I think was quite serious last year.

I just really liked how the man broke down the Bible and explained and all that. I was in his Bible study team for two years, really learning.

Then, boom! He was accused of rape and fraud. Apparently, multiple cases, and he vanished. No accountability. Denied and disappeared when all the covers blew.

It pained me, I won't lie and for a long time, I just ignored the Bible study group, where there were other teachers of the word, btw. Took a while to accept what happened and that he wasn't what we thought he was.

In that case, I had no choice but to 'unfollow' as I do not wish to be associated with such character.

But I focused on myself, my mindset, my healing, my relationship with God and to remind myself that Christ is the most important thing. It also didn't mean I had to give up on everyone else. Although, it made me more conscious cos there are many _unseen_ things.

If it's someone you can discuss with or you have access to and can get someone to talk to them, that could work too.

But in an event where you can't do anything, I'll suggest you move and probably talk to someone about it (+ Jesus).