

Baycities Lomita Winter/Spring 2020 Growth Groups

Series: “UNSTUCK” Part 3

Theme: “Stuck... On ME”- Week of Feb. 2, 2020

Follow-Up Bible Study and Discussion Questions

Summary: This one sneaks up on us all... self! We love ourselves, care for ourselves and at times obsess over the details of what's happening to us. But, Jesus warns us that self is so easy to get stuck in! Over focusing on ourselves makes us take on a defensive posture in life insulating us from the life that Jesus called us to live! In fact, He warns us in today's study- if we want to overcome and get unstuck from self... we must deny ourselves, take up our crosses daily and follow Him! Over-focusing on self- ***makes us the lord of our lives*** with our very limited resources and ill-equipped to encounter problems that now look like “giants” out there! Getting our eyes off ourselves and onto Jesus for real... changes everything! His resources are limitless and able to go before us and contend with the “giants” we will encounter. He is the real Lord and how wise we are when we follow Him! **Getting unstuck from self... happens right there!** So buckle up for a challenging ride as we readjust our sights to get a better look at Jesus!!

DIGGING DEEPER

1. Jesus loves us deeply, but that doesn't change our need to get the right view of ourselves and Him. Look at the following verses and discuss what each of them tells us about looking to Jesus or warns us about trusting in ourselves!

Proverbs 3:5-6

Trust in the Lord with all your heart; do not depend on your own understanding.
6 Seek his will in all you do, and he will show you which path to take..

Hebrews 13:8

8 Jesus Christ is the same yesterday, today, and forever.

Romans 8:28

28 And we know that God causes everything to work together[a] for the good of those who love God and are called according to his purpose for them.

Isaiah 26:3

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Heb. 12:2

We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. 3 Think of all the hostility he endured from sinful people; then you won't become weary and give up. 4 After all, you have not yet given your lives in your struggle against sin.

2. Jesus is telling us to keep our eyes focused on Him rather than on ourselves if we want to live a life led by the Spirit of God, rather than stumbling along in our own strength. Discuss how looking to Jesus in the following ways allow you to live with greater freedom, strength and purpose.

- Surrender my heart and life to Jesus every morning when I rise-(Rom.12:1; Luke 9:23)
- I commit to following His lead when I face moral challenges in public or private. (1 Peter 2:11; Eph. 5:3)
- It's smart to trust God's wisdom because it never fails- my wisdom is subject to failure. (Numbers 23:19; James 3:15-17)

3. Following Jesus breaks the hold of "self" on us. Jesus said if we wanted to be His followers... we had to do three things. Discuss how each of these has affected your life since becoming a Jesus follower?

Luke 9: 23 "If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me."

- a. **To follow Jesus- you must say no to you-** have a change of command in your life- let Jesus lead and you now follow Him!
- b. **You must take up your cross daily-** get involved building the Kingdom of God (carry your cross) in ways that fit your gifts and abilities.
- c. **Follow Jesus-** Shift from glancing His way to following His example- and watch what happens!

4. Do you have any questions or comments from the message that you need answered?