

REFOCUS

Overcoming Self-Destruction

Jason Patterson – Teaching Team Member

Luke 9:23 Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.” (NIV)

3 Areas in Our Life to Overcome to Avoid Self-Destruction

1. Denial

1 John 1:8 If we claim we have no sin, we are only fooling ourselves and not living in the truth. (NLT)

2. Our Feelings

Galatians 6:8 Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. (NLT)

Romans 7:24-25a Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? ²⁵ Thank God! The answer is in Jesus Christ our Lord. (NLT)

Romans 8:1 So now there is no condemnation for those who belong to Christ Jesus. (NLT)

3. Our Busy Schedule

Community Group Questions

1. Have you ever struggled with denial in an area of our life? If so, why were you in denial? What did you do to change?
2. Why is it easy for us to be controlled by our feelings? What feelings do you find yourself having to overcome?
3. Is it easy or hard for you to make time for God in your schedule and why? What must you do personally to make God the first priority in your schedule?
4. What areas in your life do you want to refocus in 2013?