

DISCIPLE GROUP CURRICULUM GUIDE

It Doesn't Make Sense

Week 2: Dying to Self

November 16 - 19, 2023

LEADER NOTES: **Fall trimester:** August 28 – December 10; **New Leader Trainings:** December 10 in-person and December 18 on Zoom. **Coach and Leader Gathering:** January 20 at San Pablo. Coach and Leader Celebration at The Retreat Center: January 24.

NEW: Part 2 of our Foster Care conversation on *Leading Well in 7 minutes or Less*: Listen on [Spotify](#) and [Apple](#). Cayela Moody on how your disciple group can be God's hands and feet by lovingly wrapping around a foster care family. You can listen to every episode on [Spotify](#) or [Apple](#).

ANNOUNCEMENTS:

Humble Harvest, December 2: Help those in need receive items at the Humble Harvest. This event is similar to a free garage sale that is hosted at our Mandarin campus to bless those in need this Christmas season! For more information, contact loriaibach@gmail.com.

Christmas Toy Drive, November 26 – December 15: Hope's Closet, Eleven22 Kids and Family Support Services of NE Florida are hosting a Christmas Toy Drive to benefit children in foster care and beyond. Get involved by bringing NEW toys to the marked collection bins in the Eleven22 Kids lobbies at all campuses or either of the Hope's Closet locations. For more information and a list of toys needed, visit coe22.com/localmission.

THIS WEEK'S READING PLAN: coe22.com/readingplan

Share Wins, Praises and Prayers: Where did you see God move this week?

The Point: The battle of the mind is real, but so is the victory of Jesus.

SERMON TEXT: *Isaiah 53:5-6; Matthew 7:4; 11:28-30; 15:10-20; 16:24-26; 2 Cor 4:14,16-17; Galatians 5:22-23*

Discussion Questions

LEADERS: There is no pressure to get through all the questions; we suggest prayerfully planning your choices for your group. Your leadership of sharing and questioning will determine how deep your group goes with each question.

- **What stood out to you in the sermon this week?**
- **Read *Matthew 15:10-20 and 16:24-26*. What did God reveal to you in the Scriptures this week, maybe for the first time?**
- **Pastor Britt talked about the gap between the abundant life and your actual life.**
Discover: How does your actual life compare to the abundant life?
Deepen: Sometimes it's difficult to see the good the Holy Spirit is working in us. What fruit of the spirit do you, and other group members, see evidence of in your life?
- ***Matthew 15:13* says, "Every plant that my heavenly Father has not planted will be rooted up." What thoughts, feelings and behaviors were NOT planted in you by your heavenly Father, but are holding power over you and need to be rooted up? (You can't surrender to the Father what you don't recognize you need to surrender. Take some time and ask the Holy Spirit to reveal to you what you need to surrender.)**
- **How well do you believe and receive God's love? Share verses that remind you of God's love for you. (Tip: You can Google, "Bible verses about _____.")**
- **Discover:** **What do you do to live healthier mentally and emotionally?** *(Know that you are not alone and the Holy Spirit teaches us all things. Do the work – healing doesn't happen overnight, but over time. Seek trusted feedback from counselors and healthy Christians. Tame your feelings by naming your feelings. Intentionally sabbath, listen, laugh and engage with the Lord. Explore the past to enjoy the present - work out your family of origin genogram. A tool to guide you is Emotionally Healthy Spirituality by Peter Scazzero. Repent where necessary. Identify the negative scripts at work in you and beat them down with the Gospel.)*
Deepen: **Discuss ways you've identified negative scripts in your life and how you've overcome them.**
- **Share with your group (appropriately) any mental or emotional health issues you're facing and pray for each other right now. (Leaders: be ready to refer group members to our care ministry, our care team, our mental health resources and our vetted counselors. If someone is considering self-harm or suicide, have them call 988 for the suicide and crisis lifeline right away.)**

ACTION STEP

A Disciple...Loves All People, Discovers Identity in Jesus, Deepens Relationship with Jesus

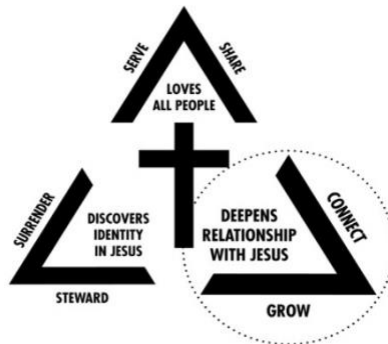
Take some time this week to identify any mental or emotional health issues you're dealing with and ask God to help you. Be specific in your prayer through confession. You can use this template if it helps:

I am, or I feel _____

God, please _____

I know my feelings aren't from you because your Word says _____

- **RightNow Media:** Find *an unending supply of resources* by signing up for a FREE RightNow Media account. Go to coe22.com/rightnowmedia or text "RightNow" to 441122.
(Note: You'll need to login or create an account to view RightNow Media content.)
- Details on the 10:10 Life are available at coe22.com/1010life.



Go to coe22.com/resources/discipleship-journey/ and click "Download Tool" to download or print a discipleship journey tool with questions for you to ask yourself and others. Please share the link and directions with others in your group.