



Self-Denial over Self-Indulgence

BIG IDEA

Our broad acceptance of a secular (rather than a spiritual) frame for life is causing much of our despair and emptiness.

GROUP OPENER

In our culture today do you see Christmas becoming more self-centered as a holiday? Have you seen anything about how we celebrate Christmas that seems self-centered or self-indulgent?

GROUP DISCUSSION

- Read Luke 12:29-33 & 1 Timothy 6:6-10 Twice out loud, in different versions of the Bible – everyone listens.
- What are some significant observations you have about this text? What stood out? What didn't you like? What was confusing?
- What does this passage teach us about God? How does it change how I see God?
- What does this passage teach us about humanity/ourselves? How would it change how I treat others?
- What does this passage teach us about obedience? How should it affect the way I live?

December 8
WEEKEND

ACTION STEPS

I will statement...

- Based on what God is teaching in this passage, what should I do? Reflect for a minute or two and develop an action statement. Put it in the form, "I Will _____". Make it concrete, simple, and achievable.
- Share your "I Will" statement with the group.

As a Group

Quick Mental Health Stats

- 1 in 5 US adults experience mental illness each year
- 746,000 adults in KY have a mental health condition
- 64% of people with mental illness say the holidays make things worse

Question: Why do you think holidays are more difficult as people navigate mental illness?

Most of what our culture celebrates during Christmas has nothing to do with Jesus or what his birthday actually stands for. Rather, the Christmas season has become a liturgy for exorbitant self-indulgence. It forms us in greed, consumerism, materialism, gluttony, envy, and ultimately discontentment.

Question: How have you seen, self-denial, faith, Jesus, or spiritual disciplines help with any of the below?

- Pride
- Fear
- Sloth
- Discontentment
- Envy
- Addiction

On Your Own

Pick something you can do that will help you pick faith, Jesus, or spiritual disciplines in this season. Commit to living that out this week.