



Small Group/ Reflection Notes

	18-04-2021	If you want to live the resurrected life, first you've got to die (to self)	
 Start	<input type="checkbox"/> What was <i>predictable</i> about your week? What <i>surprised</i> you this week?		
 Discuss	<input type="checkbox"/> What comes easier: being <i>selfish</i> or <i>selfless</i> ? Why? <input type="checkbox"/> When has someone done a <i>selfless</i> thing for you? What impact did that have on you?		
 Read	Matthew 16:24-26 2 Corinthians 5:17	 Listen again	ChesterRoadBaptist.org.uk/Watch ChesterRoadBaptist.org.uk/Talks
 Explore	<input type="checkbox"/> Matthew 16:24-26: What does it mean to ' <i>take up your cross</i> '? Why was the Cross of Christ the ultimate symbol of selflessness? What does it mean for <i>you</i> to take up <i>your</i> cross? <input type="checkbox"/> John 12:24-26: Why is death the only way to new life/ resurrection? <input type="checkbox"/> Romans 6:8: Why is dying to <i>self</i> a good thing? Why are there no short cuts? <input type="checkbox"/> 2 Corinthians 5:17 & Romans 6:11: Why is 'dying to self' not just a matter of if you <i>feel</i> it? How is this perhaps similar to neuro-linguistic programming (NLP) - changing behaviour by reframing how you view something? <input type="checkbox"/> Colossians 3:3: What does it mean to ' <i>die to your old self</i> '? If you are <i>dead</i> , why can there be <i>no</i> going back?		
 Go further	<input type="checkbox"/> Watch a short insight into the work of Henri Nouwen https://www.youtube.com/watch?v=osbO8ilrjc8 <input type="checkbox"/> "To die to our neighbours means to stop judging them, to stop evaluating them, and thus to become free to be compassionate. Compassion can never coexist with judgment because judgment creates the distance, the distinction, which prevents us from really being with the other." — Henri J.M. Nouwen in 'The Way of the Heart: The Spirituality of the Desert Fathers and Mothers'		
 Reflect	<input type="checkbox"/> Which one verse stands out to you? Why do you think it grabs your attention? <input type="checkbox"/> Which verse(s) will you need to think more about? Why?		
 Do	<input type="checkbox"/> Do something selfless – for no reward, be that acknowledgement, praise, reciprocal expectation etc...		
 Pray	<i>Dear God,</i> <i>Thank you for Jesus _____. When I look at Jesus's life, death, and resurrection I want to worship and thank you because _____. But it also helps me see that I am _____ and I therefore seek Your _____. I saved by Jesus' life, death and resurrection. Amen.</i>		



My questions:

*If you're not yet in a small group, why not join one! Check out: ChesterRoadBaptist.org.uk/SmallGroups
Can't see a group to suit your availability/interest? Start one! SmallGroups@ChesterRoadBaptist.org.uk*

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