

These Digging Deeper questions can be used the week following the Sunday message. You can use these questions for personal growth and development, or as a guide for your family or Connect Group discussions.



IT IS FINISHED.

## Message Recap:

Read Matthew 26:36-39

The free gift of salvation is just that, free and available to anyone willing to accept it. However, many of us who commit our lives to Christ miss a crucial step of discipleship – dying to ourselves. It's much easier to rush right to the resurrection and hope that the pain of our hurts and sins fade into the background. It's time to take a step back and deal with these hurts and sins by dying to ourselves and coming alive in Christ so we can live our lives filled with love, joy, and peace.

## Pray

Father, we thank you that you are the God of the cross. We thank you for taking our broken pieces and healing them when we ask. We ask that you continually call us to die to ourselves and walk inside of your love, joy, and peace day in and day out. Amen!

## Getting Started

- When you're getting ready for bed, what step do you wish you could skip to make it easier?
- What's something that you held on to for way too long only to find out it was pretty easy to let go of?

## Digging Deeper

1. Read Matthew 26:36-39. When was the last time you looked at your stress and told God, "I want your will to be done, not mine?"
2. "When you surrender to the Father, He will take you to the cross." Do you agree or disagree? How does this statement make you feel?
3. Do you think it's important to recognize your hurts and hang-ups in order to live in love, joy, and peace? Why or why not?
4. Let's talk community. What level of support do you have in your own life? Do you feel this group offers you a level of depth or not? Do you have people with whom you can be totally transparent? If not, what steps can you start to take to move towards real, supportive relationships?
5. What is something you're holding on to that you need to die to? How can we pray for you to take this step, or support you moving forward?

## Living Jesus

Authentic. Transparent. Empathetic. This is the model that we as Severn Runners try to emulate in relationships with one another. Real love and real growth can occur when we are authentic, transparent, and empathetic. How can you practice these traits this week?

## Your Story

Every story has conflict, it's when we recognize that conflict in our own lives that we can begin to see how the resolution is unfolding. Name your pains and your sins, and then move forward to see where God is working (or has worked) in your life towards resolution.