

MARCH 1, 2020 • DAVID SMITH

Being Defined by the Wrong Things

From the blame game to people-pleasing to bottling up feelings, it's easy to find yourself stuck in unhealthy emotional patterns. But God cares about your emotional health, and He wants to help us break the patterns that are breaking us. During this season of Lent, what unhealthy pattern will you quit, as we find our identity in Jesus?



INTRODUCTION

All too often we let the world get into our heads and define us. Pastor David's sermon on Sunday was very uplifting and freeing. As we grow closer to God, what the world thinks of us and/or what we think of ourselves, will be less and less relevant. Our God is awesome!

STARTER QUESTION

What thoughts immediately come to mind when you hear the term "quit" or "quitter"? How do you feel society views the idea of quitting?

INTO THE WORD

Name a few examples of how or why other people may define you. In what ways may this be inaccurate or unhealthy? Now, read what God says about you in 2 Corinthians 5:17 and Ephesians 2:10. Instead of allowing wrong things to define you, what steps can you take to believe what God says about you?

God wastes nothing! No matter how bad your past or current situation, God loves you, forgives you and will still use you. Try to find one of the many "not so perfect" persons in the Bible that God used. How did they move towards God to do His will and not be defined by their own (or others') opinions of themselves? What would have been different had they not listened to God?

APPLICATION

Have you ever put "quitting" into practice in a positive way? If so, how? Give examples of how you or other believers might put "quitting" into practice. How could this be a new beginning? Pastor David mentions quitting as being the core of discipleship. Why do you think this is the case?

Can you think of some "burning bushes" that God has placed in your life to get your attention? Did you realize that was what they were at the time? How did you react and what might you do differently since hearing today's sermon?

Pastor David said that he did not want the Fairhaven symbol on his tombstone, defining him as a pastor. What would you like to have on your tombstone to define your life (in 25 words or less!!)?

PRAYER

Dear Heavenly Father, as we are in this period of Lent, reflection, fasting and confession, let us draw nearer to you every day. Help us to quit being defined by the world or by ourselves, and instead let You define us and transform us to be more like Jesus. Amen