

MODGNIEK

Week 1 Discussion Guide



Icebreaker

Think of a time you thought getting something you really wanted would finally make you happy. Did it? What happened after you got it?

Read

Matthew 16:24-26, Luke 6:17-26 & Philippians 2:3-7 (Optional: Have your group read the passage in two different versions. Then have the group retell the passage in their own words.)

Discuss

We live in a culture that constantly tells us more is better. More money, more status, more followers, more options. But Jesus stepped in and turned things upside-down and backwards. He tells us to loosen our grip, give up control, surrender to God's leadership and wisdom and when you do that your life will be a thrilling ride of purpose, passion, joy, peace and deep satisfaction.

- **How would you have defined a "blessed" or successful life? Has that definition shifted for you over time?**
- **What do you think makes Jesus' invite to "give up your own way" compelling or difficult to understand?**
- **Jesus uses the image of "taking up your cross" in Matthew 16:24. What do you think that image means? What does it ask of us?**

Jesus isn't speaking in abstractions. He's talking about the specific things each of us holds onto so tightly that they quietly become the thing we are living for. It could be security, reputation, comfort, control, or approval. The grip looks different for everyone, but the effect is the same: it keeps us from following where Jesus leads.

- **Which statement from Jesus in Luke 6 is most surprising or challenging to you? Why?**
- **Why do you think Jesus would warn people who are comfortable, satisfied, or admired? What can those things potentially do to our hearts?**
- **What area of your life do you find hardest to loosen your grip on? (Career, finances, relationships, your image, your future)?**

Jesus doesn't simply teach us to let go. He modeled it. Philippians describes Jesus choosing humility and putting others before Himself. He chose the way of surrender and service. Following Jesus isn't simply about believing the right things. It's about allowing His way of living reshape ours.

- **Why is surrender so difficult? What do you fear might happen if you loosen your grip?**
- **What might you need to release so that you have more room for God and for others? (control, busyness, spending, recognition, comfort, etc.)?**

Application

In God's kingdom, less is not passive. It is a decision. This week, take one step toward living out "more is less."

- **Identify something specific you will subtract before the group meets again. One commitment, one habit, one pursuit. Tell someone in this group what it is and ask them to follow up with you.**
- **As a group, choose one way to practice this together before next week. Serve someone. Give something away. Show up for somebody who needs it. Come back ready to share what happened.**

Prayer

- Spend time in prayer asking God to reveal areas of your life you need to loosen the grip up and for help to live a life surrendered to God, one that has an outward, generous orientation.