

Group Leader Guide

Sermon Recap

Titus 3:4-5; Romans 12:1-2, 3-8; Romans 1:5

Pastor Alex speaks on the theme of self-awareness, emphasizing its importance in understanding our identity as followers of Christ. He highlights that true renewal begins with knowing God, which leads to a clearer perspective of ourselves and our place within the community. Drawing from Romans, he encourages believers to have a sober view of themselves, recognizing their strengths, limitations, and the gifts given by God, which all contribute to the health of the body of Christ. Ultimately, this self-awareness not only transforms our relationships but also calls us to serve God and others effectively.

Quotes

"If I were a nightingale, I would do what is proper to a nightingale, and if I were a swan, what is proper to a swan, in fact I am *logikos* (sc. a rational being), so I must praise God." ~ Epictetus

"The way we measure ourselves soberly is knowing that Christ has saved me from my sin and made me a part of His family through faith. This gives us a clear view to think not too highly nor lowly but soberly about ourselves." ~Pastor Alex

Discussion Questions

What does it mean to have a 'sober judgment' of yourself, and how can that help you in your daily life?

- Pastor Alex talked about Paul urging us to think of ourselves with sober judgment and not to overestimate or underestimate ourselves.
- Can you think of a time when having a sober judgment helped you make a better decision or interact more positively with others?

How can understanding that we all have different gifts given by God help us appreciate each other in a community?

- Pastor Alex explained that each member of the body of Christ has different functions and gifts, which contribute to the unity of the church.

- Reflect on how you can use your own unique gifts to serve your friends, family, or community better.

In Romans 12:1-2, it talks about being transformed by the renewal of your mind. What are some practical ways you can renew your mind daily?

- Pastor Alex emphasized the importance of renewing our thinking through God's Word and being transformed by it.
- How can you create a routine that includes Scripture reading or prayer to help with renewing your mind?

Why do you think humility is an important trait for self-awareness, as discussed by Pastor?

- Pastor Alex stated that humility allows us to receive from God and understand who we truly are without being too proud or down on ourselves.
- How can you practice humility in your interactions with others to foster better relationships?

Pastor Alex shared the idea that our understanding of God shapes our view of ourselves. How does knowing you are valued by God impact your self-esteem?

- Pastor Alex reminded us that God bestows worth on us and that understanding this helps shape our self-view.
- Can you think of specific ways this knowledge can motivate you to engage positively with others and face challenges more confidently?

Prayer

- Start by sharing any prayer requests you may have.
- Ask God to help us apply the lessons of self-awareness to our lives throughout the coming week.
- Pray for a renewed mind and clarity in understanding our roles within His community.
- Seek God's guidance on how to better serve one another with humility and grace.