



Discussion and Devotional Guide

Spinning Out Of Control - Week 4

This resource can be used to guide your personal anchoring time throughout the week, a small group discussion, or even a one-on-one conversation.

READ

Begin by reading Luke 9:23-25.

- As you read, underline or highlight the actions/instructions that Jesus gives us so that we can be His disciple.
- The first instruction of Jesus is to deny ourselves. When life is spinning out of control, how can it be difficult to deny ourselves?
- What questions do you have after reading these verses?

REFLECT

Reread Luke 9:23-25. When you acknowledge that Jesus is in control, you are ready to respond and say “yes” to what He is calling you to do. As we deny ourselves, take up our crosses daily, and follow Him, God will place moments in our lives to make an impact.

- What do you think it means to denying oneself? How does self-denial lead to self control?
- Why do you think Jesus tells us to take up our cross daily? What might that look like in your life?
- What does it mean, practically, to follow Jesus? Where in your life are you not denying yourself, taking up your cross daily, and following Jesus?

Read Acts 8:26-38.

- What parts of this experience stand out to you as important or shocking?
- Philip released control to God and simply responded to His call. What holds us back from responding in that way?
- When we release control to God, we open ourselves to following Him in moments to make an eternal impact.
 - Where in your life have you seen God create a moment for eternal impact when you released control?
 - How can you cultivate a spiritual life that is open to noticing the moments God provides, releasing control, and trusting that God is in control?

PRAY

Begin your time of prayer by reading Ephesians 4:20-24. Read it slowly. Now, use these verses to guide your prayer. To get you started...

FOCUS on God's redemptions that you have seen and felt in your life.

THANK Jesus for making us new through His sacrifice on the cross.

CONFESS moments when you have refused to take up your cross and deny yourself.

ASK God to open up moments in our lives to share the Gospel.

***Keep going this week by reading these scriptures:**

Ephesians 4:17-32
Lamentations 3:22-24
Colossians 3:9-11
Hebrews 11:1

