

SERMON BASED CURRICULUM

**Date & Sermon Series:**

July 16/17, 2016; Mountains Move

Speaker: Pastor Joshua Symonette

Scripture Focus: 1 Samuel 17: 32- 40

Note To Leaders:

This weekend we discussed how comparison is the ultimate trap in our lives- instead we want to move from comparison to confidence. These questions provide a framework to prompt or foster discussion in your small group. Don't feel you have to use all or any of these questions and you don't have to make it to the end! Use the questions that best fit your group and let discussion flow.

Icebreaker Suggestions:**Sermon Series Questions:**

1. What thoughts are still resonating with you from the sermon?
2. What was most encouraging or challenging about this weekend's message?
3. In what ways did the story in 1 Samuel 17:32-40 speak to you?

Specific Questions:

1. In psychology there is something called the Social Comparison Theory, which means we determine our social and personal worth based on how we stack up against others. Comparison stems from the lie that "I'm not good enough." What are some other comparison lies that you have heard or seen at work, on TV, in your friendships, etc.?
2. Comparison is naturally a default. Why do you think it is often referred to as the "comparison trap"?
3. Pastor Joshua says, "Stop focusing on what is wrong with you and start focusing on what is right with you." What are some of your strengths or things you do really well? What are some of the things that you can do to help others focus on their strengths?
4. Pastor Joshua said, "We don't want to neglect our weaknesses or shortcomings but we also want to focus on our strengths." What is one action step that you can take to start focusing more on the strengths that God has given you?
5. What are some of the ways we can "avoid comparison in a comparison oriented world"?

6. Often times, we don't feel qualified because we don't have the title, education, or training- God says you don't have to have all of that in order to make a difference or go up against the "Goliath" that is in your life. You are right where God has you. Talk about a time you have felt unqualified before. Why did you feel that way?

7. "Jesus was official, yet made himself unofficial." How much do you think an official title matters to God? How did Jesus view himself? Are there times where it is necessary to be official?

8. Just like David, we often receive expectations that don't really fit us. David had to literally take off the armor that didn't suit him. Other people comparing us and us comparing ourselves to other people can also weigh us down. What expectations have you been trying to live out? What expectations do you need to put aside today?

Challenge:

- Pastor Joshua challenged us that if we are living out or listening to expectations that don't fit us, we are to take them off. Be who God has created you to be, not whom others say you should be. Prayerfully consider making a list of what those expectations are, mentally remove those expectations, and consider memorizing these verses: Matthew 19:26, Philippians 1:6, and Proverbs 3:32.
- Set a reminder on your phone that goes off everyday saying: "I am enough in Christ."
- Take the time to write down the things you are really good at - remind yourself of these strengths this week. You are just the way God has created you to be.

Read, Pray, Act:

- Pastor Joshua says there are two things that help you grow in your confidence:
Getting in God's Word (the Playbook)
Praying to grow in your relationship with God
Focus this week on getting into a regular reading plan of Scripture and a daily prayer time.
- Pick up a copy of Strengths Finer 2.0 by Tom Rath to learn more about how to grow in your strengths! Better yet- find someone to go through it with and take the time to point out each others' strengths!