



# TALK IT OVER

*Our Talk It Over is designed to prompt insights, questions and dialogue based on the life experience of each participant. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel. Choose just one or a few of the questions to consider this week.*

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## **Warm-Up:**

Think about a time when you had to do something difficult that you didn't initially want to do, but later realized it was the right thing. What helped you push through and stay committed?

## **Discuss:**

1. Sometimes we can hear truth clearly but still resist it because it challenges our expectations or comfort. Can you think of a time when following Jesus required you to rethink something you believed or wanted?
2. Jesus calls His followers to deny themselves. In practical terms, what do you think denying yourself looks like in everyday life—at work, at home, or in relationships?
3. Following Jesus often means moving beyond a life focused only on ourselves. How does shifting from a self-centered mindset to an others-centered mindset change the way we live and interact with people?
4. Jesus invited not just His disciples but the entire crowd to follow Him. What does that tell us about who this call is for, and how might it shape the way we think about our own role in living out our faith publicly?



## **Apply:**

Choose one intentional way this week to practice denying yourself and putting someone else first. It might be giving your time to help someone, offering encouragement to someone who is struggling, or choosing patience and grace in a difficult interaction. As you do, remind yourself that following Jesus often begins with small daily decisions to put Him and others ahead of yourself.

## **Pray:**

Father, thank you for the example of Jesus. He denied himself, he carried the cross and he led the way. Help me to follow him today. Please place people in my path this week who I can love just like you love me. In your name, Amen.