



The Trade

Part 1 – Saying No to Me

Discussion Guide

Life is a series of choices and trades. Jesus Himself traded His life for ours. He paid the ultimate price for us and for our sin. There are many benefits to following Jesus, but there is also great cost associated with following Him. This week we will study how we are asked to deny ourselves daily and trade for our old lives to new life in Christ.

Jump Start

1. As you reflect on this week's message, what one principle or insight stands out as being particularly helpful, insightful, or difficult to grasp?
2. Read [Luke 9:23 and Luke 22:29-44](#). How have you denied yourself in the past (or presently) to follow Christ? Did Jesus also struggle with denying Himself and submitting to God's will?
3. Read [Matthew 16:24-26](#). If you were to live this out in your life next week, how would next week be different from last week? Take a moment to write out this Scripture.
4. Read [Luke 10:33-35](#). As we look at this passage of Scripture, how do we see the Samaritan care for a stranger and deny himself in the process? How would your life be different by living like the Samaritan, by being available to serve those that may look or believe something different than you do?
5. Read [1 Corinthians 9:19 and 1 Corinthians 8:8-9, 13](#). What is most challenging about these verses? What is encouraging? What is a new concept to you? Have you ever witnessed how a person became a stumbling block in someone else's life by not denying themselves? By demanding their rights over others' comfort?
6. Read [Luke 10:37 and Matthew 19:24](#). When and where do you struggle with the issue of denying yourself? What trade do you make when you choose to memorize Scripture?

Deeper

We will learn how to complete a **SOAP Bible Study** by looking at a passage of Scripture and breaking it down. **SOAP** stands for **S**cripture **O**bservation **A**pplication **P**rayer. Let's get ready to sit down with the Bible and see to what God wants to show us. Completing this study during your quiet time, then sharing with your Life Group, can allow for deeper understanding and revelation of new perspectives. **Things you will need:** Bible, Notebook, Pen.

This week we talked about the trade we make when we say “no” to ourselves. Now we will look on the other side of the trade: God’s promises. The Bible is filled with His promises, covenant declarations from Genesis to Revelations, where God has made a promise to His people and it has or will come to pass.

7. **Scripture. Read** [Genesis 17:4](#), [Isaiah 40:29](#), [Matthew 7:9-11](#), [Matthew 6:33](#), [Isaiah 40:31](#), [John 8:12](#), [John 10:10](#), [John 14:27](#), [John 14:13](#), and [Revelations 3:5](#). What stood out to you the most about these verses?

Take time to read these passages and allow God to speak to you. Jot down anything that made you stop and pause or anything that you questioned. When you are done, look for a verse that particularly spoke to you and write it out fully in your journal.

8. **Observe.** What is God saying to you in these verses? What overarching theme or promise did you see? What did the specific verse that you were drawn to teach you?

What do you think God is saying to you, personally and specifically, in these Scriptures? (You can even have a short prayer at this point, asking the Holy Spirit to teach you and reveal Jesus to you. Remember that He promised to give us wisdom and reveal truth to us when we ask.)

9. **Application.** How will you apply this and be bold in your faith?

Personalize what you have read by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections in an area of your life. Write down how this Scripture applies to you today.

10. **Pray.** Pray about what you have read in [Genesis 17:4](#), [Isaiah 40:29](#), [Matthew 7:9-11](#), [Matthew 6:33](#), [Isaiah 40:31](#), [John 8:12](#), [John 10:10](#), [John 14:27](#), [John 14:13](#), and [Revelations 3:5](#). Pray your special verse back to God, asking Him to help you understand and apply it.

This prayer can be as simple as asking God to help you use this Scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so take time here! Be sure to listen to what God has to say! Now, write it out. Journaling your quiet time helps you to see what God is teaching you over time.