



What He Said Week 2 – What Jesus Said... About Self-Discovery Spiritual Formation Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or a group. If you have questions or want to talk more about how to take the next spiritual step, contact us at info@wschurch.org.

Scripture:

"A time is coming when people will no longer listen to sound and wholesome teaching. They will follow their own desires and will look for teachers who will tell them whatever their itching ears want to hear."

2 Timothy 4:3

"The heart is deceitful above all things and beyond cure. Who can understand it? I the Lord search the heart and examine the mind..."
Jeremiah 17:9-10a

"As they were walking along, He asked them, "Who do people say I am?" "Well," they replied, "some say John the Baptist, some say Elijah, and others say you are one of the other prophets." Then He asked them, "But who do you say I am?" Peter replied, "You are the Messiah. Then Jesus began to tell them that the Son of Man must suffer many terrible things and be rejected by the elders, the leading priests, and the teachers of religious law. He would be killed, but three days later He would rise from the dead. As He talked about this openly with His disciples, Peter took Him aside and began to reprimand Him for saying such things. Jesus turned around and looked at His disciples, then reprimanded Peter. "Get away from me, Satan!" He said. "You are seeing things merely from a human point of view, not from God's. Whoever wants to be My disciple must deny themselves and take up their cross and follow Me. For whoever wants to save their life will lose it, but whoever loses their life for Me and for the gospel will save it. What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"

Mark 8:27-37

"Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me. I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing."
John 15:4-5, NASB

Reflection Questions:

- What type of ads do you see most on Facebook (or social media)?

- What stood out to you from Sunday’s service? How did you sense God at work in you through the songs, the message, and being together with others as part of the church? (The message’s main points and scripture are listed below if it helps you think back.)
- Read 2 Timothy 4:3. Why do you think we look to hear the things we want to hear?
- In his message, Jeremiah said, “You are constantly talking to you. No one talks to you more than *you* talk to you.” Have you noticed this? If so, what are the most common themes or messages that you are telling yourself?
- Read Jeremiah 17:9-10a. How can you let God search and know your heart?
- Read the story in Mark 8:27-37. If you’re in a group where you can have several people read it out loud, take some time to imagine this setting along with Jesus’ words. What encourages you? What challenges you?
- What comes to mind when you hear the word, “abide?” Is there an image or another way of experiencing that word?
- Read John 15:4-5. How can you stay connected to God and abide?
- Listen to the closing song again, “Abide” by The Worship Initiative. Listen to it this week and reflect on what it means to stay connected to God as the source of life.
- Take time to close your group with prayer.

Want some resources and ideas for how to grow spiritually? Visit www.wschurch.org/resources to see some of the tools that our team is recommending.

Message Main Points and Scripture:

- 2 Timothy 4:3 - “A time is coming when people will no longer listen to sound and wholesome teaching. They will follow their own desires and will look for teachers who will tell them whatever their itching ears want to hear.”
- **What if we are the problem?**
- Proverbs 14:12 - “There is a way that appears to be right, but in the end it leads to death.”
- Jeremiah 17:9-10a - “The heart is deceitful above all things and beyond cure. Who can understand it? I the Lord search the heart and examine the mind...”
- **What if we are the problem?**
- **How do I find my true self?**
- Mark 8:27-29 - “As they were walking along, He asked them, “Who do people say I am?” “Well,” they replied, “some say John the Baptist, some say Elijah, and others say you are one of the other prophets.” Then He asked them, “But who do you say I am?” Peter replied, “You are the Messiah.”
- **Messiah**
- Mark 8:31-32 - “Then Jesus began to tell them that the Son of Man must suffer many terrible things and be rejected by the elders, the leading priests, and the teachers of religious law. He would be killed, but three days later He would rise from the dead. As He talked about this openly with His disciples, Peter took Him aside and began to reprimand Him for saying such things.”
- Mark 8:33 - “Jesus turned around and looked at His disciples, then reprimanded Peter. “Get away from me, Satan!” He said. “You are seeing things merely from a human point of view, not from God’s.”
- Mark 8:34-37 - “Whoever wants to be My disciple must deny themselves and take up their cross and follow Me. For whoever wants to save their life will lose it, but whoever loses their life for Me and for the gospel will save it. What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?”
- **“When Christ calls a man, He bids him come and die.” (Dietrich Bonhoeffer)**
- **I can only find my true self in Christ**
- John 14:6a - “I am the way, the truth, and the life.”

- John 15:4-5, NASB – “Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me. I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.”
- **Abide**
- **We only find our true selves in Christ.**