

START OVER AGAIN
SERIES

DISCUSSION

Guide

H

January 14, 2024

START OVER AGAIN (Week 2) Aaron McRae

➤ CONVERSATION STARTERS

Where have you seen God at work this week?

➤ EXPLORATION

Today we continue in our series about the soul as we look at what the bible says and learn how we can be more intentional about caring for our soul. For our purposes here, we are looking at the soul as what integrates our lives into a cohesive whole.

We start with a passage from the book of Matthew where Jesus is preparing his disciples for the difficult things that were going to happen to Jesus.

Matthew 16:21-23 (From your bible read aloud)

Why did Jesus rebuke Peter?

Jesus calls Peter a stumbling block. The word used here means, “an offense, a trap or an impediment in the way.” Peter’s mind was on his own concerns rather than on the concerns of God. If we are not careful, we can fall into the same trap.

Jesus then gives the disciples an important reminder about the cost of following him.

Matthew 16:21-23 (From your bible read aloud)

The word, ‘life’ used here is translated from the same word that means “soul.” To deny yourself in this

context means to care more about the concerns of God than about your own concerns.

Matthew 16:26 (From your bible read aloud)

Your soul is more important than anything you could ever accomplish or accumulate in this world.

“The soul...even in its ruined condition, is a human being regarded by God as something immensely worth saving. Sin does not make it worthless, but only lost.” ~Dallas Willard

What is an example of someone gaining the whole world and losing their soul?

“He is no fool who gives what he cannot keep to gain what he cannot lose.” Jim Elliot

So how do we take care of our soul? It is through the decisions we make daily. Throughout the seasons of life the decisions we make have consequences, either good or bad. These decisions also impact our soul.

Important Reminders for Our Souls

- Our souls are eternal

There will come a time when we will each stand before God and give an account for our choices.

Matthew 16:27 (From your bible read aloud)

Remember, Jesus is talking to his disciples, including Peter who he had just rebuked. When we look ahead to the end of Peter’s life we can see what he learned about caring for the soul.

1 Peter 1:8-9 (From your bible read aloud)

This is a beautiful picture of what a life of faith will bring.

Important Reminders for Our Souls

- **Our souls need to be saved**

We cannot save ourselves. The starting point for any conversation about a joy filled life is found in the salvation story of Jesus.

*“Dear friends, I urge you, as foreigners and exiles, to **abstain** from **sinful desires**, which wage war against your soul.” 1 Peter 2:11*

Abstain= refrain, hold one’s self off from, prevent
Sinful= fleshly, carnal, governed by human nature not Spirit of God
Desires= lusts, desire, craving, longing,

What is one thing you know is not good for you and have chosen to stay away from?

Important Reminders for Our Souls

- **There is a war for our souls**

So you may be asking, “What exactly is sin?”

Examples of New Testament Words For Sin

- **Disobedience**= to refuse to hear God’s word (2 Corinthians 10:6)
- **Violation**= step over a line, disregard out of desire (Hebrews 2:2)
- **Wickedness**= transgress, iniquity (Titus 2:14)
- **Sin**= to miss the mark, to be mistaken (Heb 12:1)

The Bible gives various lists of sins. These lists are never meant to be exhaustive but these are examples, warnings and rebukes for God’s people:

Specific Examples of Sin in 1 Peter 2

-Malice -Deceit -Hypocrisy
-Envy -Slander

Specific Examples of Sin in Romans 1

-sexual immorality -greedy -arrogant
-envy -murder -strife
-deceit -malice -gossips
-slanderers -God-haters -insolent
-disobey parents

Specific Examples of Sin in 2 Timothy 3

-lovers of themselves -lovers of money
-boastful/proud -disobedient to parents
-ungrateful -without love
-unforgiving -no self-control
-rash -lovers of pleasure

Specific Examples of Sin in Mark 7

-sexual immorality -theft
-murder -adultery
-greed -deceit
-envy -slander
-arrogance -folly

Do any of these surprise you? Which ones?

Important Reminders for Our Souls

- **Our souls need a shepherd**

1 John 1:8-9 (From your bible read aloud)

No one is without sin. When we confess our sins, God will forgive us and purify us.

> TAKE AWAY

How Do We Respond?

Confess our sins= Receive salvation

We acknowledge our sin and ask for forgiveness. This can be powerful when we take the courageous step to confess our sins to one another and to God.

Cultivate New Rhythms/Habits= Sustain life in Christ

- **Disciplines of Engagement:** Bible, Prayer, Worship, Service, Community, Generosity
- **Disciplines of Abstinence:** Solitude, Silence, Fasting

As we take steps to connect with God regularly we begin to see spiritual transformation take place. God does the transformation as we make ourselves available to the work of the Holy Spirit in our lives.

Take some time to share together about anything you need to confess, asking God for forgiveness.

Pray together, asking God to help you develop new rhythms for your soul in the week ahead. Be ready to share about the experience next week.