

1829 Podcast

LEADER GUIDE - SELF-IMPROVEMENT ISN'T SAVING YOU

Key Takeaways:

1. Identity and self-worth should come from Christ's finished work, not from personal achievements or failures
2. Mature Christians demonstrate deep dependence on God rather than independence
3. Motive matters: examine whether resolutions are about making much of Jesus or about vanity and self-glorification
4. The Holy Spirit is responsible for sanctification, not self-effort alone
5. Self-help improves your life temporarily; the gospel surrenders your life for true transformation
6. Three practical principles for godly resolutions: (1) Offset yes's with no's and no's with yes's, (2) Habits happen because of triggers, (3) Prioritize spiritual well-being above all other goals

Discussion Questions:

1. How does the difference between self-help Christianity and gospel-centered transformation show up in your daily spiritual practices and motivations?
2. In what ways might you be treating Jesus as a footnote rather than the foundation when pursuing personal goals or resolutions?
3. When you set goals for yourself, how do you discern whether your motive is rooted in vanity and self-worth or in reflecting Christ and maturing spiritually?
4. What specific yes's in your life might require you to say no to other things, and how does this principle apply to your spiritual priorities?
5. How can you create intentional triggers and reminders in your life that keep your spiritual well-being as the top priority rather than an afterthought?
6. What does genuine repentance and humility look like in the process of maturing as a Christian, and how is this different from white-knuckling behavioral change?
7. If you accomplish your goals but find they're still not enough to satisfy you, what does that reveal about what you've been trusting in for your sense of identity and purpose?

Next Step Application:

Mentor Outreach: Identify one person you admire spiritually and reach out to them this week. Ask if they'd be willing to meet for coffee or a phone call.

