

## Life Group Questions and Message Notes

1. How did I end up here? Identify things that have helped you arrive where you are.
2. Is there any shame that is keeping you from deep connection to God and others?
3. Tell about the last time you slowed down and nourished your soul.
4. Tell about a time when you have seen God go before you in your life.

Habits: The Habit of Following Jesus

Pastor Kerry Shook – January 24th, 2021

***“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him, He endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider Him who endured such opposition from sinners, so that you will not grow weary and lose heart.”*** Hebrews 12:1-3 (NIV)

### 1. STOP FOCUSING ON PLEASING PEOPLE

***“... let us strip off everything that hinders us, as well as the sin which dogs our feet, ....”***  
Hebrews 12:1 (Ph)

***“I’m not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ’s servant.”***  
Galatians 1:10 (NLT)

### The Consequences of People Pleasing ...

- **Loss of purpose**

***“And let us run with perseverance the race marked out for us.”*** Hebrews 12:1b (NIV)

- **Loss of deep connection**

***“Adam and his wife were both naked, and they felt no shame.”*** Genesis 2:25 (NIV)

***“Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.”*** Genesis 3:7 (NIV)

***“For He himself endured the cross and thought nothing of its shame....”***  
Hebrews 12:2c (Ph)

***“For the joy set before Him, He endured the cross....”***  
Hebrews 12:2b (NIV)

## 2. FOCUS ON FOLLOWING JESUS

*"... fixing our eyes on Jesus, the pioneer and perfecter of faith."* Hebrews 12:2a (NIV)

- **Surrender to the Good Shepherd**

*"The Lord is my shepherd; I shall not want."* Psalm 23:1 (NKJV)

- **Slow down and nourish your soul**

*"He makes me lie down in green pastures. He leads me beside still waters. He restores my soul; ...."*

Psalm 23:2-3a (NKJV)

- **Schedule your time based on values, not other's agendas**

*"He leads me in paths of righteousness for His name's sake."* Psalm 23:3b (NKJV)

*"Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Later Simon and the others went out to find Him. When they found Him, they said, 'Everyone is looking for You.'"*

Mark 1:35-37 (NLT)

*"Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever."*

Psalm 23:6 (NKJV)