

## Life Group Questions and Message Notes

1. Who is your favorite superhero and why?
2. **How do you keep your heart in check in order to confess things regularly?**
3. How do you empty yourself and look to serve others this week?

### Kryptonite: Finding God's Strength in Your Weakness

Pastor Kerry Shook – April 11th, 2021

Fulfillment and true success are not determined by the atmosphere outside me, but the atmosphere inside me.

*"Pride goes before destruction, a haughty spirit before a fall."* Proverbs 16:18 (NIV)

- Humility lifts me from a stressed place to a blessed place.  
*"Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you."*  
1 Peter 5:6-7 (NIV)
- Humility lifts me from my weakness to God's strength.  
*"... God gives strength to the humble but sets Himself against the proud and haughty."*  
James 4:6 (TLB)

## 1. EMPTY MYSELF WITH CONFESSION

*"Two men went to the Temple to pray. One was a proud, self-righteous Pharisee, and the other a cheating tax collector. The proud Pharisee prayed this prayer: 'Thank God, I am not a sinner like everyone else, especially like that tax collector over there! For I never cheat, I don't commit adultery, I go without food twice a week, and I give to God a tenth of everything I earn.' But the corrupt tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed, but beat upon his chest in sorrow, exclaiming, 'God, be merciful to me, a sinner.' I tell you, this sinner, not the Pharisee, returned home forgiven! For the proud shall be humbled, but the humble shall be honored."*

Luke 18:10-14 (TLB)

*"Then Jesus called the children over to Him and said to the disciples, 'Let the little children come to Me! Never send them away! For the Kingdom of God belongs to men who have hearts as trusting as these little children's. And anyone who doesn't have their kind of faith*

*will never get within the Kingdom's gates."*

Luke 18:16-17 (TLB)

## 2. FILL UP BY SURRENDERING TO GOD'S STRENGTH

*"Blessed are the poor in spirit, for theirs is the kingdom of heaven."*

Matthew 5:3 (NIV)

*"You're blessed when you're at the end of your rope. With less of you there is more of God and His rule."*

Matthew 5:3 (MSG)

## 3. SOAR BY SERVING OTHERS

*"... all of you serve each other with humble spirits, for God gives special blessings to those who are humble, but sets Himself against those who are proud. If you will humble yourself under the mighty hand of God in His good time He will lift you up."*

1 Peter 5:5-6 (TLB)