



# SPX Small Groups

*Life is Better Together*



#spxIChoose

Facebook & Twitter

@spxsmallgroups and @spxbowie

Katie Skerpon

Communications Coordinator & Interim Small Groups Coordinator

[communications@spxbowie.org](mailto:communications@spxbowie.org)

We are the result of our decisions. While we agonize over little things like what to wear and what to eat, are we glossing over the big choices? There might be more on the line than you thought when you say “*I Choose.*” This four-part message series helps us learn to be intentional about the choices we make. We'll cover topics like surrender, urgency, and priorities.

**Week 1 – February 3**  
***Purpose over Popularity***

**Week 2 - February 10**  
***Surrender over Control***

**Week 3 – February 17**  
***Discipline over Regret***

**Week 4 – February 24**  
***Important over Urgent***

**WE CAN'T PLEASE  
EVERYONE—BUT WE  
CAN PLEASE GOD.**

*Lord Jesus, I need you.*

*Thank you for choosing to die on the cross for my sins.*

*I open the door of my heart*

*that I may receive you as my Savior and Lord.*

*Thank you for forgiving my sins and giving me eternal life.*

*I choose you, completely, fully and freely.*

*I choose your purpose over my popularity.*

*I choose to surrender to your will over my desire for control.*

*I choose discipline over regret in my daily choices.*

*I choose to focus on things that are important over urgent.*

*Make me the person You want me to be  
and help me to follow You every day.*

*I choose you, because you chose me first.*

*Amen.*

**Week 1: February 3****Purpose over Popularity**

**START WELL** *Begin with prayer and reviewing the key scripture and points* God, there is power in purpose – especially Your purpose. We're asking You to refocus our attentions to the passions and plans You've placed in our lives. Help us to make pleasing You the main thing. Amen.

Before I formed you in the womb I knew you... a prophet to the nations I appointed you.... stand up and tell them all that I command you. Be not crushed on their account, for I have made you a fortified city, a pillar of iron, a wall of brass.... they will fight against you but not prevail over you, for I am with you to deliver you. [ Jeremiah 1:4 – 5, 17 - 19 ]

So long as you're ruled by what others are doing or what they think of you, you'll struggle with God's purpose for you.

No matter what you or I do, we can't please everyone, but we can please God.

Purpose diminishes distractions.

Purpose pushes you through the pain.

Purpose empowers you to please god.

**START TALKING** *Find a conversation starter for your group*

Have you ever been called a people-pleaser/. Why or why not?

Jock, nerd, rocker, class clown, gamer, cheerleader – which high school stereotype had you pegged?

**START THINKING** *Ask questions to get your group thinking*

The message said "So long as you're ruled by what others are doing or what they think of you, you'll struggle with God's purpose for you." Why do you think that is?

**START SHARING** *Choose questions that create openness*

Read Nehemiah 6:1 – 3. To what distraction do you need to say, “I’m doing a great work; I can’t come down.” What great work are you doing?

What parts of your life are painful right now? What purpose is the pain affecting? How can that purpose push you through it?

In what ways have you valued pleasing others over pleasing God? What one thing could you do to shift the great value to God?

Was there any point in the message or in our conversation tonight where you felt God speaking to you? What was it?

**START PRAYING** *Be bold, and pray with power*

Lord Jesus, I need you. Thank you for choosing to die on the cross for my sins. I open the door of my heart that I may receive you as my Savior and Lord. Thank you for forgiving my sins and giving me eternal life. I choose you, completely, fully and freely. I choose your purpose over my popularity. I choose to surrender to your will over my desire for control. I choose discipline over regret in my daily choices. I choose to focus on things that are important over urgent. Make me the person You want me to be and help me to follow You every day. I choose you, because you chose me first. Amen.

**START DOING** *Commit to a step and live it out this week*

Start the *I Choose* Bible Plan and read everyday stories of choosing purpose.  
[www.go2.lc/ichoose](http://www.go2.lc/ichoose)

Fill in the blanks and take action.

My main purpose is \_\_\_\_\_.

My main distraction is \_\_\_\_\_.

My greatest pain is \_\_\_\_\_.

To choose purpose, I will \_\_\_\_\_.

**Week 2: February 10****Surrender over Control**

**START WELL** *Begin with prayer and reviewing the key scripture and points*  
Jesus, we've been trying to run our lives like we know better than You. Forgive us. Holy Spirit we invite You to loosen our grip on control. Father, we surrender our family, our finances, our work, our entire lives, to You. Amen.

After he had finished speaking, Jesus said to Simon, "Put out into deep water and lower your nets for a catch." Simon said in reply, "Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets." When they had done this, they caught a great number of fish and their nets were tearing. They signaled to their partners in the other boat to come to help them. They came and filled both boats so that the boats were in danger of sinking... When they brought their boats to the shore, they left everything and followed him. [ Luke 5:1 - 11 ]

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. [ Philippians 4:6 - 7 ]

Is it worth my concern?

Is it mine to control?

Is it for God alone?

**START TALKING** *Find a conversation starter for your group*

If you could actually have full control over something, what would it be?

Who rules the TV remote in your house?

## **START THINKING** *Ask questions to get your group thinking*

Read aloud Proverbs 3:5 – 6. How is this Scripture inconsistent with our culture?

Why do you think we tend to naturally choose control over surrender?

## **START SHARING** *Choose questions that create openness*

In which areas of your life are you most controlling: family, work, money, friendships, or something else? How does this impact people you care about?

Talk about the last time you felt completely out of control. What did you learn?

Share a past or present experience where you've given God your trust. How are you practically doing this? What does it look like to give this to God?

## **START PRAYING** *Be bold, and pray with power*

Lord Jesus, I need you. Thank you for choosing to die on the cross for my sins. I open the door of my heart that I may receive you as my Savior and Lord. Thank you for forgiving my sins and giving me eternal life. I choose you, completely, fully and freely. I choose your purpose over my popularity. I choose to surrender to your will over my desire for control. I choose discipline over regret in my daily choices. I choose to focus on things that are important over urgent. Make me the person You want me to be and help me to follow You every day. I choose you, because you chose me first. Amen.

## **START DOING** *Commit to a step and live it out this week*

What are you trying to control? How can you surrender this to God? What's your step this week?

Write down the thing you're trying to control on paper. Put this paper somewhere you spend time every day and repeatedly give it to God in prayer.

**Week 3: February 17****Discipline over Regret**

**START WELL** *Begin with prayer and reviewing the key scripture and points*  
Holy Spirit, we need your power. We are so weak. We know what to do, and then we do what we know we shouldn't. Will you give us the ideas, power, and grace to stick with discipline? Amen.

"Blessed are you who are poor, for the kingdom of God is yours. Blessed are you who are now hungry, for you will be satisfied. Blessed are you who are now weeping, for you will laugh. Blessed are you when people hate you, and when they exclude and insult you, and denounce your name as evil on account of the Son of Man. Rejoice and leap for joy on that day! Behold, your reward will be great in heaven. For their ancestors treated the prophets in the same way.  
[ Luke 6:20-22 ]

What do you want most?

What do you need to do now, to achieve what you want most?

**START TALKING** *Find a conversation starter for your group*

Have you ever signed up for a gym? How many times? How long did it last?

Which is hardest to pass up? A tasty treat, a great sale, or mindless binge-watching?

**START THINKING** *Ask questions to get your group thinking*

The message said 'Discipline is choosing between what you want now and what you want most.' How does that statement play out in your own life?

Why do you think our actions tend to favor the pain of regret over the pain of discipline?

## **START SHARING** *Choose questions that create openness*

What do you want the most? Invite God's guidance into your answer.

What are some areas in your life where you feel you lack discipline? What will your life look like in five years if you don't make changes?

What goals could you set that would require you to rely on God's strength and grace?

Share a story of when you were able to choose discipline over regret. What worked for you?

## **START PRAYING** *Be bold, and pray with power*

Lord Jesus, I need you. Thank you for choosing to die on the cross for my sins. I open the door of my heart that I may receive you as my Savior and Lord. Thank you for forgiving my sins and giving me eternal life. I choose you, completely, fully and freely. I choose your purpose over my popularity. I choose to surrender to your will over my desire for control. I choose discipline over regret in my daily choices. I choose to focus on things that are important over urgent. Make me the person You want me to be and help me to follow You every day. I choose you, because you chose me first. Amen.

## **START DOING** *Commit to a step and live it out this week*

What would you need to do differently now to achieve the thing you want most?

Team up with someone and commit to keep in contact throughout the week to encourage each other.

**Week 4: February 24****Important over Urgent****START WELL** *Begin with prayer and reviewing the key scripture and points*

Jesus, You lived a short life here on earth yet accomplished the most important work of all. Thank You. Will You give us the strength to think long-term and people-first? Will You help us to refocus on what matters most? Amen.

But rather, love your enemies and do good to them, and lend expecting nothing back; then your reward will be great and you will be children of the Most High, for he himself is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful. [ Luke 6:35-66 ]

What's the most important thing you've been distracted from pursuing?

**Choosing the Important**

Create artificial deadlines.

Be ruthlessly selective in your 'yeses.'

Do first what matters most.

**START TALKING** *Find a conversation starter for your group*

If you got 2 extra hours each day, what would you do more of?

Which word best describes your last few weeks? Relaxed, busy, full, fun, rewarding. Why?

**START THINKING** *Ask questions to get your group thinking*

Why do you think we're tempted to allow urgent things to rule our lives?

Busyness does not equal productivity. What busyness can you cut out of your life?

## **START SHARING** *Choose questions that create openness*

Name three urgent things you need to do and three important things you need to do. Which are getting more of your time?

Do you have a process or trick that reminds you to choose important over urgent? Share an example.

What's the most important thing you've been too distracted to pursue? What do you need to stop doing to pursue it?

## **START PRAYING** *Be bold, and pray with power*

Lord Jesus, I need you. Thank you for choosing to die on the cross for my sins. I open the door of my heart that I may receive you as my Savior and Lord. Thank you for forgiving my sins and giving me eternal life. I choose you, completely, fully and freely. I choose your purpose over my popularity. I choose to surrender to your will over my desire for control. I choose discipline over regret in my daily choices. I choose to focus on things that are important over urgent. Make me the person You want me to be and help me to follow You every day. I choose you, because you chose me first. Amen.

## **START DOING** *Commit to a step and live it out this week*

What are you saying "yes" to that you need to say "no" to? Share out loud, make a list, and create a deadline to take your first steps (like, today).

What important thing do you now have the room to say "yes" to? Share out loud, make a list, and create a deadline to take your first steps (like, today).