

**10 STEPS TO FREEDOM**  
Week 2: Losing to Win  
SMALL GROUP QUESTIONS



RECAP

In this second sermon tackling the issue of addiction and addiction recovery, Josh walked through the second step to freedom: surrender. It answers the driving question: *where do I get the power to change?* It's only through surrender that the power of the Holy Spirit is unleashed in our lives.

DISCUSSION QUESTIONS

1. Josh obviously got everyone's attention when he rappelled down from the ceiling to start the message, but it was to illustrate the larger idea of surrender. What have been some experiences in your life where you've had to completely surrender to move forward? How did it make you feel? How did you respond?
2. The driving question behind this week was, "*where do I find the power to change?*" Whether through an addiction or another experience, have you ever walked through a moment where you wanted to change something about yourself but you couldn't? What was holding you back?
3. Read Matthew 16:25 together. Jesus gave an iteration of this teaching multiple times throughout his ministry. Losing to win is counterintuitive but it plays out in real life on a regular basis. What's an experience where you've "lost" something (either willingly or unwillingly) but in the end you gained more than you lost? What can you learn from that experience?
4. One of the biggest reasons we don't fully surrender to God is because we want to "have it your way," like Burger King promised us for 40 years. What are some areas in your life (either in your past, or if you're brave enough, in your present), that you haven't yet fully surrendered to God because you still want to "have it your way"?
5. Josh directly tied the unleashing of the Spirit's power within us to us humbling ourselves to God's way through surrender. What do you think of the statement, "God won't fill you with His power if you're already full of yourself?" How difficult is it for you to empty you of yourself?

NEXT STEP

- Discuss the three steps to surrender mentioned in the sermon. Practice number three as a group and spend time giving thanks to as many people for as many things as you can think of.

*For more information (training and support) on how to start a small group, contact [Steve.Lizzio@cbcva.org](mailto:Steve.Lizzio@cbcva.org)*



CENTREVILLE BAPTIST CHURCH  
SUNDAY, SEPTEMBER 16, 2018

**WEEK 2: LOSING TO WIN**  
ROMANS 7:14-25, ROMANS 15:13, MATTHEW 16:25

*25 For whoever wants to save their life will lose it, but whoever loses their life for me will find it.  
~~ Matthew 16:25*

Step Two to Freedom: \_\_\_\_\_ **and unleash the Spirit's power in your life.**

**3 STEPS TO SURRENDER**

1. Get on your \_\_\_\_\_ before you leave the house.
2. \_\_\_\_\_ with God often.
3. Become a person of \_\_\_\_\_.

**Bonus Content**

**Sunday** (Handout) - 7 Questions Worksheet on Matthew 16:25 and Small Group Questions for this week  
**Monday** (Blog) - Burger King and Why We Can't Be Free  
**Thursday** (Blog) - 3 Steps to Daily Surrender  
**Monday-Friday** (Blog) - Devotionals from *10 Steps to Freedom* book

*For bonus content and much more, visit: [joshdaffern.com](http://joshdaffern.com)*

**MATTHEW 16:25**

*joshdaffern.com*

25 For whoever wants to save their life will lose it, but whoever loses their life for me will find it.  
*Matthew 16:25*

**1. WHAT DID IT MEAN TO THE ORIGINAL READERS?**

*If you start with today you're twenty centuries too late.*

This phrase and the various iterations of it are the most commonly repeated teaching of Jesus in the Gospels, making it absolutely foundational to everything else he taught. At the heart of this teaching is a paradox to the human condition: our natural inclination is to keep, to hoard, to win, to advance, to gain, to promote, to save. Antithetical to us is the idea of losing in any format. Jesus here is not teaching an ethic of complete deprivation and destitution. He is not enlisting an army of paupers who are walking doormats to the world. Instead, his deep insight through this teaching is one of perspective in light of eternity, and when you see things from his point of view everything comes into focus.

We as humans are terrifyingly small when it comes to our perspective on life. We tend to think only in terms of immediate gratification. We want happiness and pleasure now, and too often we are willing to trade long-term joy for short-term happiness. We trade away our future for the fleeting present. When Jesus invites us to lose our lives, he's asking us to give up the momentary and fleeting pleasures of sin and self for something far greater: the eternal joy and fulfillment that only comes through God. If you think only short-term, you will miss out on God's eternal plan for you. When you "lose" your short-term, self-serving, fleeting pleasures of sin, that's when you gain the long-term, eternal rewards of God's salvation. But there definitely is an element of loss and surrender that has to take place for you to gain eternal life. We cannot experience eternal life on our terms. We have to surrender to experience what only Christ can give us.

GREEK WORD OF THE WEEK

**ψυχή** (*psuchē*) is a Greek word used twice in this verse for "life," and it's where we get our English words "psyche" and "psychology". There are three Greek words translated "life" in the New Testament. *Bios* generally refers to our physical lives and bodies (like cells, bone, tissue, etc.) *Psuche* typically refers to our inner person (soul, emotions, mind, personality). *Zoe* represents our spiritual life and is the highest embodiment of life, what only God himself can offer us through salvation.

**2. WHAT'S THE CONTEXT?** *Scripture without context makes no sense.*

Jesus continues this line of thought in the next verse when he states (still utilizing the same Greek word *psuche*): "For what will it profit a man if he gains the whole world and forfeits his soul (*psuche*)? Or what shall a man give in return for his soul (*psuche*)?" (Matthew 16:26). Jesus is again making a clear distinction between the short-term, physical world we can now see and the eternal, spiritual world which is invisible to our natural eyes but is very much a reality.

**3. WHAT TIMELESS TRUTHS ARE THERE?**

*Since the Word doesn't change it still matters today.*

- There is a spiritual life (*zoe* and *psuche*) which although unseen, are just as real as the physical life (*bios*) that we live in everyday.
- These three aspects of our life are both unique and separate yet at the same time connected and intertwined.
- The path to salvation is a path of surrender.
- By holding onto our short term priorities and control, we risk losing that which is most important: our long-term happiness and even our eternal rewards.

**5. HOW DOES IT APPLY TODAY?** *Information without application becomes stagnation.*

- If you want to follow Jesus, you have to do it his way. You can't legitimately follow God on your terms.
- When Jesus asks us to lose our lives, he's not doing it out of spite or punishment. He's asking us to give up our short-term, sin-infested faux happiness for long-term, unadulterated and pure joy.
- Following Jesus will always come down to trust: do you trust that his way is better than your way, that he will catch you when you fall? That's why our faith is called our "faith."

**7. HOW CAN MY LIFE GET BETTER BECAUSE OF THESE VERSES?**

*If I trust God and step in faith, what kind of life will God create?*

Jesus promises that when we surrender, when we fully follow his way, when we lose our lives, we will in fact find it. The (*zoe*) life that Jesus promises in the Gospels is life as it was originally designed to be, before the corrupting poison of sin entered the picture. It is a life with an intimate relationship with our Heavenly Father, an overwhelming sense of grace and mercy as God's love washes over us relentlessly like waves on a shore. It's a life full of purpose, meaning and fulfillment as we begin to discover our divine design and live out our God-given purpose for living on this planet. In short, what Jesus offers us is far greater than anything we can ask or imagine (Ephesians 3:20-21). But it only comes through surrender.

**4. WHERE ELSE IN SCRIPTURE DOES IT SAY THIS?**

*The best interpreter of Scripture is Scripture.*

5 "I am the vine; you are the branches. If you remain (*μένω*) in me and I in you, you will bear much fruit; apart from me you can do nothing.  
*John 15:5*

36 So if the Son sets you free, you will be free indeed. *John 8:36*

6 Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me." *John 14:6*

**6. HOW SHOULD THIS CHANGE THE WAY I LIVE IN COMMUNITY?** *The Bible comes alive in me when I live it in community.*

- What are some short-term things you've willingly given up to experience long-term joy, fulfillment or accomplishment?
- What are some of the biggest obstacles you've experienced that have kept you from fully surrendering to God and "losing your life" either in the past or the present? Fear? Distrust? Anger?
- What would it look like practically for you to "lose your life" for Jesus?