



Sermon Discussion Guide

Know Oneself To Know Others - James Junior

1-26-25

Hook - Getting to know one another

- *How is everyone doing this week? Add other questions to get to know one another, especially ones related to the topic in the sermon.*
 - *Think about yourself for a moment.*
 - *What is something about yourself that is important for **you** to know in order to better understand how you relate with others?*
 - *Example: I have a soft voice and may have to be intentional to project more in order to be heard! Other people probably aren't trying to ignore me. They may just have trouble hearing me sometimes!*
 - *What is something about yourself that is important for **other people** to know about you and how you relate with others?*
 - *Example: I am NOT a morning person. It takes me a second to wake up and be my normal social self. I am not mad, promise! Just sleepy and waking up.*
 - *What is something you have come to learn about yourself that it maybe took you a while to realize?*

Book - Scripture

- *Read the scripture passages and discuss to understand **what the text is saying**:*
 - *Romans 12:3-5*
 - *How do you think Paul begins verse 3 with "For by the grace given me I say to every one of you?"*
 - *What might it look like to "think of yourself more highly than you ought?"*
 - *How might "think[ing] of yourself with sober judgment" affect how we live our lives? How did it for Paul?*
 - *How do verses 4-5 relate to verse 3?*



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Look - Connections to our world today

- This section focuses on implications about **what this text means** about what's wrong in the world, about trusting God, about who God is, etc.
 - James mentioned in his sermon that "knowing ourselves impacts how we relate to God, how we understand God. The same is true with others. Unfortunately, even though knowing ourselves is so important, many struggle to really know ourselves."
 - How might our relationship with or understanding of God be impacted if we fail to understand ourselves? What about with other people?
 - Why do you think it is so hard for people to know themselves? Why has it been hard for you?
 - What are examples of how this has shown up in your life?
 - Example: I sometimes have forgotten that I have been created by God in His image. This has meant I have forgotten how creative God is and that my image reflects my God and my creator.

Took - Personal Application

- This application focuses on **how God is calling us to respond**. This could be personally, as a family, small group, or church. It could be something to believe, to meditate on, to say or do this week.
 - This week we are invited to think of ourselves with sober judgment. Another way to say sober judgment is honest evaluation.
 - What are helpful questions we could ask as we evaluate ourselves? In attempts to avoid doom and gloom pessimism or optimistically look at ourselves with rose colored glasses...
 - What are some questions that might help us see ourselves honestly?
 - Brainstorm together!



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- *Example: What do I treasure? Where my treasure lies, my heart may be also.*
- *Paul is saying that there are good and bad ways to think of ourselves but that we should think of ourselves. We should honestly look at ourselves.*
- *Some thoughts to guide your brainstorm: We should look at our lives and seek to understand how God has made us, how our experiences have shaped us. We should understand and be able to articulate the things we are good at, the things we love to do, the things that bring us life, the things that drain our energy.*
- *We should think about ourselves and know the way that fears are influencing our actions, the ways we try to compensate for our shortcomings.*
- *How have fears influenced your actions? How have you compensated for your shortcomings?*
 - *What might God be inviting you to do with your fear? How might he be inviting you to address your shortcomings?*
- *James mentioned that in the book Emotionally Healthy Spirituality, Peter Scazzero argues that the vast majority of us go to the grave without knowing who we are. We too often live based on other's expectations of us.*
 - *What do you think are possible implications of failing to know who we are?*
 - *What do you think it looks like to really know yourself in a healthy way? What impact can that have in your relationships?*

Time of Prayer



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- Consider praying that members of the group would find and open up to people in their life who help them see themselves honestly.