



10 Second Rule: Think It...Do It | June 28, 2017

Discussion Guide

The Scoop

We typically live life with a heavy preference for self-preservation...It's human nature. However, Jesus asks us to live differently. He asks us to live counter-intuitively.

Key Verse

Luke 9: 23-24 (NIV)

Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it."

Discussion

Many times we innately seek self-preservation in our lives, but often times this impulse can prevent us from fully indulging in the different and exciting life Jesus is calling us to live. When we see a person in need, our primary urge is often to find complications that might arise from our involvement and avoid the interaction entirely. Can I really do anything to help? What if the person doesn't want my help?

1. In what ways do you seek self-preservation in you own life?
2. Can you recall a time went you felt called to do something, but you avoided it to protect yourself?

In his book *The 10 Second Rule*, Clare DeGraaf shares how we are all wired for self-preservation. Human nature has trained us to be disobedient. Clare calls this "Disobedience Training. In Luke 9: 23-24, when Jesus challenges his followers to take up their cross and follow him, the message to us is: we are not in the driver's seat, he is. Essentially, if you think you are being prompted by God to do something, then do it within 10 seconds. If we put this into habit, we have a better opportunity of doing what Jesus asks us to do so that we can experience more meaning.

3. What are some examples of when you shied away from something you know Jesus was asking you to do?
4. Outside of "The 10 Second Rule," what are some practical ways you can take up your cross and follow Jesus on a regular basis?

In "The Purpose Driven Life," Rick Warren reveals that we all will surrender to something. If it's not to God, then we surrender to expectations, ego, pride, money, etc. Intuitively, we view surrender as a loss with nothing gained, but surrendering to God is different. In surrendering to what Jesus calls us to do, we gain a deeper relationship with him and a more meaningful and active role in his story.

5. What are some examples of things you surrender to on a regular basis besides God?
6. What are some things that may be gained from surrendering to God more regularly?

What's Next?

If you can come to grips with the fact that you will surrender to something, try to work toward surrendering to God in 1 or 2 ways this week. Seek out ways to think it and do it.