



You: Man in the Mirror | January 18, 2017

Discussion Guide

The Scoop

Michael Jackson makes it seem so simple to make a difference, "take a look at yourself, and then make the change." I have found that the hardest person I've ever had to lead has been myself.

Key Verse

Romans 12:6-8 (NIV)

We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.

Discussion

Self-help books, videos, and websites are one of the most common things in the marketplace. Why? Because many of us have good intentions, but we struggle to actually accomplish what we say or think we are going to do. We go to bed heroes, but wake up average. Whether it's a new app, a new habit, a special alarm clock, or self-motivating voice memos, we are searching for the one thing, the life hack that could make all the difference.

1. What is one thing you have always said you were going to do, but you have not been motivated enough to do?
2. What "life hacks" have you tried for motivating yourself?

Bill Hybels in his book, *Leading from Here to There*, admits that leading himself has been the hardest person he has ever had to lead. The great thing about God is that he wants to invest in each of us. The bible says in Romans 12:8 to lead diligently. If it's true that we are all called to lead ourselves, we must not give up.

3. What is one thing you could do to persist in small ways to leading yourself toward a better you?

A CEO of a major corporation shared with Hybels that sometimes we need to find different things to motivate ourselves. If what we have tried isn't working, then we need to try a different "currency." Don't give up if you haven't found it, God can help.

4. What would you say motivates you? What might be the "currency" in your life?

What's Next?

This week as you seek to find the motivating "currency" in your life, don't do it alone. Begin by asking God what he really wants from you. Romans 12 says that when we are in tune to what God wants, he will show us the way. The only way to get in tune to ask, try, and persist. Don't be too hard on yourself and enjoy the journey of discovering what it is that "gets you up in the morning."