YouTube Sermon and Discussion Guides:

Watch Nooma Tomato by Rob Bell:

<https://youtu.be/3yTPry_nyJ8?list=PLZqQAL59YuA1gCIbOPeBQ41knelWqM0FU>

Sermon Notes and Questions:

“So there is this principle that the death of this one thing gives us life. Our survival, our sustenance, our life is dependent upon the death of another living thing.”

* In what ways do you see death bringing new life?
* Does death always result in new life?

“Whoever finds their life will lose it, and whoever loses their life for my sake will find it” – Matthew 10v39 (TNIV)

“Do you ever find yourself telling a story in a particular way to make yourself look better? Like you emphasise certain details and you leave other details out. It’s like you twist the story ever so slightly in your favour. For many of us, this impulse is so deep within us, we’ve been doing this for so long, we’re not even aware that we’re doing it.”

* Why do we try and make ourselves look better than what we actually are?

“Jesus invites that part of us to die. The part of us that always has to be right. The part of us that always has to be better. The part of us that always has to look good.”

* Do you feel like you need to be right?
* Do you feel like you need to be better than others?
* Do you feel like you need to look like you always have it together?

“You are not your own; you were brought at a price. Therefore honour God with your body.” 1 Corinthians 6 v 19-20 (NIV)

“We pick up from a young age, from the world around us, we pick up that it’s about winning. It’s about impressing. We pick up that our worth and our value and our significance come from how good we are, how smart we are, how skilled, how better, how competent. And we quickly realise that the way to get ahead is to raise yourself up, to take the path of ascent. To climb higher and higher.”

* When was the last time you thought you were better than another person?
* Have you used other people to get ahead in life?
* How does this affect other people?

“We learn how to build, how to construct these masks and facades to cover up all the things that we aren’t. So we spend all this energy maintaining this false self. Carefully protecting and preserving this image that we’ve created.”

* How do you want others to perceive you?
* Why is protecting a false image of yourself so exhausting?

Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens; they do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest? - Luke 12v22-26

“Jesus invites us to lose our life so that we can really find it.”

* How do you lose your life?
* How do you find your life once it is lost?

“Listen carefully: Unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But if it is buried, it sprouts and reproduces itself many times over. In the same way, anyone who holds on to life just as it is destroys that life. But if you let it go, reckless in your love, you’ll have it forever, real and eternal. “If you were totally honest about what’s going on inside of you, is there anything you need right now to breathe out?” - John 12 v 24 (The Message)

“Think about how many relationships, how many broken relationships aren’t going to get any better until somebody is the first to apologise. Why is that so hard? It’s hard because when we say sorry, when we admit that our hands aren’t clean and that we may have contributed to the mess, saying sorry is a form of death. It’s a refusal to carry on the false self and prop it up, it’s a refusal to preserve that perfect image of yourself.”

* When was the last time your ego stopped you from doing the right thing?
* Do you have a relationship that is broken?
* Do you need to make amends with anyone?

One God and Father of all, who is over all and through all and in all.

* Ephesians 4 v 6 (NASB)

“But some people refuse to die. Don’t they? They just endlessly cling to their ego and their false self and they keep propping up this particular version of themselves. Trusting in their own efforts to somehow, someday be good enough, and as they do that, the life is just drained right out of them.”

* Are you holding so tightly to your life that you are actually losing it?
* If so, in what ways?

Pray to Close:

“So may you lose your life, and in the process, find it. May the love of God free you from fear. And may you trust that Jesus saves.”