

The Wesley Challenge
January 12-February 1, 2025
St. John's UMC / Texas City
Week Two / Bible Study Discussion Guide
Relationship with Self: An Inward Focus

Pray (use your own prayer or this one) *Creator of the universe, we thank you for the gift of life you've entrusted in us. Guard our hearts and attitudes that we may see as you see. Help us find security in you and free us from the need to feel superior. Let us see our place in your kingdom and humble ourselves before our brothers and sisters. Amen.*



Play video. If you do not have an Amplify Media app and you have not subscribed, scan the QR code. Enter the code **DHVYJR**. Create your free account. Download the app to your phone or browser. Log in. Then search for **The Wesley Challenge** and play the video for session 2. What did you hear in the video that resonated with you? What challenged you?

Scripture: Read Colossians 3:12-14. Read the passage aloud and consider the following questions:

1. This verse describes how the Colossians should live as new members of Christ's community. How do we reflect our membership in Christ's community?
2. How can we "put on" traits such as "compassion, kindness, humility, gentleness, and patience"?
3. Paul calls this community, "God's choice, holy and loved." How does being God's chosen people demand different values and behaviors?

Review the week's questions:

1. Am I proud?
2. Am I defeated in any part of my life?
3. Do I go to bed on time and get up on time?
4. Do I grumble or complain constantly?
5. Am I a slave to dress, friends, work, or habits?
6. How do I spend my spare time?
7. Am I self-conscious, self-pitying, or self-justifying?

Respond to these prompts:

1. What was your experience moving through the questions this first week?
2. Which ones stood out to you?
3. Which ones were the most difficult to grapple with?
4. Did any of them lead to a sense of transformation as you contemplated them?
5. How did living the questions this week have an impact on your own relationship with God?
6. What was your method of engaging the questions?

Honest Answer

If you are in a group of more than 2, divide the group into pairs. Have one member of each pair ask the other, "How are you doing?" The answer cannot just be "Good" or "Fine." Each participant must share something honest about that day. Then reverse roles to allow both participants to ask and answer. Reflect on how it felt to answer the question honestly. What did you learn about the other person that you might not have known? What did you learn about yourself? How might this exercise help you have the courage to reach out in honesty when you feel defeated in your life?

Extra challenges:

- Launch a "no complaining" challenge for your group. Have some fun with it! Decide if your challenge will be for a day, a week, or longer. How will you track it? What will the winners receive?
- Discuss how the people in your group spend their spare time. What are some of the activities you enjoy? Don't enjoy? Do you spend more of your spare time involved in things you like or dislike?

Closing prayer (pray one of your own or use this one)

God, teach me to serve you first and to seek your kingdom. Help me to be less concerned about myself and more about you and your mission for this world. Help me to be aware of myself, my faults, and my limitations, but also not to be so concerned with myself that I forget your purpose for me. Amen.

- Material for these discussion questions comes from the Leader's Guide for ***The Wesley Challenge: 21 Days to a More Authentic Faith*** by Rev. Chris Folmsbee.