



## Believe or Follow?

### ICE-BREAKER:

- Share something you really enjoy doing, but had to put in a lot of sweat equity (discipline, commitment, effort, practice) to get good at it.

### DISCUSSION:

#### 1. Read I Timothy 4:7.

- What might it look like to “discipline” or “train” yourself for godliness?
- What are some similarities between engaging in a physical exercise regime (gym, diet, etc.) and a spiritual exercise program?

#### 2. Read John 3:16; Ephesians 2:8-9; Revelation 22:17.

- How do these passages support the fact that salvation is a free gift of God, given by faith alone in Christ alone?

#### 3. Read Luke 14:25-30.

- How does this passage about being a disciple (a learner/follower of Jesus) stand in contrast to the passages about salvation above?
- According to this passage, why is it important to count the cost before you commit to follow Jesus?

#### 4. Read John 12:42-43; John 19:38-39.

- How do these passages draw a distinction between a person who is a believer in Jesus and a person who is a follower of Jesus?
- What is it that caused these believers to shy away from following Jesus? Do you feel that tension in your life today?

#### 5. Read I Corinthians 3:1-3; Hebrews 5:12-14.

- Why do you suppose so many believers in the New Testament were still spiritual “infants?”

#### 6. Read Luke 18:28-30; Matthew 6:19-21.

- Why do Christians struggle to believe that the sacrifices we make for Jesus in this life will be worth it in heaven?

### APPLICATION:

- It’s been said: *People don’t grow into commitments, they grow by making commitments.* Spend some time this week praying about whether you’d like to make a whole-hearted commitment to follow Jesus.