

Living in Denial – Part 2

Discussion Guide

Intro

Last week, Darren challenged us to stop hiding and start living in honesty—reminding us that freedom begins when we step out of denial and into confession.

This week builds on that idea: What if the key to stopping denial isn't just being honest... but denying ourselves?

- What did you observe, learn, or become aware of this past week from Part 1?
- Did anything surface in your life that you may have been ignoring or avoiding?

Scripture & Discussion

1. Read Matthew 16:24–25 aloud

- What does “deny yourself” practically look like in everyday life?
- Why do you think losing your life leads to finding it?

2. Read Romans 7:15 aloud

- Where do you see this struggle in your own life?
- Why is knowing the right thing not enough to change our behavior?

3. Read Romans 8:5–6 aloud

- What are some natural responses you tend to default to?
- What would the Spirit-led version of those responses look like?

4. Read Galatians 5:16–17 aloud

- What does it mean to walk by the Spirit instead of just believing in God?
- What competes most for control in your life right now?

Key Takeaway

If I let my flesh lead me, I get the results of me.

If I let the Spirit lead me, I get the results of the Spirit.

Application (This Week)

Pray daily:

“Holy Spirit, lead my life today.”

- Where will you place this reminder so you don't forget?
- When during your day do you most need to pause and pray this?

Outro

Last week, we were invited to stop hiding.

This week, we're invited to start surrendering.

Because real freedom isn't found in doing whatever we want—it's found in letting the Spirit lead.

Next week, come ready to share: What changed when you invited the Spirit to lead?