

TENSIONS AND TRANSFORMATIONS

GROUP LEADER GUIDE: WEEK NINE

THE VALUE OF SELF WORTH

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your **strength.** The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these. - **Mark 12:30-31**

You have heard...

How do you handle injustices emotionally and verbally?
How were you raised to retaliate when people treat you unjustly?

You have heard that it used to be said 'An eye for an eye and a tooth for a tooth'

Matthew 5:38

Read the following verses:

- **Exodus 21: 23-25**
- **Leviticus 24: 19-20**
- **Deuteronomy 19: 19,21**

How does the law treat injustice?

But I tell you...

Read Matthew 5:38-42.

Based on Jesus' response to retaliation, how important is self-restraint to loving others the way Jesus has loved us?

Jesus commands four things of His followers. Discover and discuss the four things Jesus commands us to turn from, give up, go, and do not refuse.

How does this change your attitude toward others?

KEY VERSES

You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. And if anyone wants to sue you and take your shirt, hand over your coat as well. If anyone forces you to go one mile, go with them two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you.

Matthew 5:38-42



Self Worth

How much personal worth, security, and confidence would you need to do what Jesus is describing here?

“When the Grace of Christ controls the heart one can suffer the loss of all things without resentment.” – H.A. Ironside

What do you think Ironside means when he says this?

What other values in our faith would be tested besides Grace? (eg. Patience)

We typically say, “Do you have self-control?” But how well do you personally show patience and self-restraint?

Closing Prayer Activity

During the pandemic, politics, social unrest, fatigue, and personal relationships, our need for self-restraint and self-worth has never been greater. Spend some time praying for each other, those you know personally, and our nation in these areas.

2 Corinthians 5:14 tells us, “For Christ’s love compels us”, pray for that love to be at the heart of our motivation for responding to others.

In God’s name I beseech you – let prayer nourish your soul as your meals nourish your body. Let your fixed seasons of prayer keep you in God’s presence through the day, and his presence, frequently remembered through it, be an ever-fresh spring of prayer. Such a brief, loving recollection of God renews a man’s whole being, quiets his passions, supplies light and counsel in difficulty, gradually subdues the temper, and causes him to possess his soul in patience, or rather give it up to the possession of God. –Fenelon

Amen