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SERMON DISCUSSION GUIDE

## BOTH+AND — Losing & Finding

### **Warm-Up Question:**

Can you think of a time when you lost something that ended in you gaining something better as a result? Or a time you thought you gained something that ended up being more of a loss?

**READ: Matthew 16:24-26**

### **I. HOW TO LOSE EVERYTHING**

- How does this passage say one can lose their life? What do you think Jesus meant with trying to “save your life”?
- What people or things in life are you most prone to try to “find life” in?
- Two ways to “save” your life were mentioned: 1) to try to “be it all,” and 2) to “have it all.” Discuss what these mean and then which you are more prone to.
- Read Ecc. 2:1-11 and answer Jesus’ question in v. 26.

### **II. HOW TO FIND EVERYTHING**

- How does this passage say one can “save” their life? What do you think Jesus meant by saying one must “lose your life”?
- What do you think Jesus meant with “deny himself” and “take up your cross”?
- How might denying yourself actually be a way of gaining “life”? Give some examples from Scripture and/or your own life where you gained after denying?
- Read Matt. 19:27-30. How does Jesus view “denying our self”? Is what we give up ultimately to our loss or gain? Explain.
- Discuss all the gain/life that came from Jesus denying/losing his life?
- What is one area/thing in life where God might be calling you to deny yourself or release more control over in order for him to give you more “life” there?

**What is one main take-away you want to apply in your life this week?**

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For Prayer:

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SEVEN RIVERS  
CHURCH

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## Scriptures Used

**Matt. 16:24** Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me. **25** For whoever would save his life will lose it, but whoever loses his life for my sake will find it. **26** For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?

**Eccl. 2:1** I said in my heart, “Come now, I will test you with pleasure; enjoy yourself.” But behold, this also was vanity. **2** I said of laughter, “It is mad,” and of pleasure, “What use is it?” **3** I searched with my heart how to cheer my body with wine—my heart still guiding me with wisdom—and how to lay hold on folly, till I might see what was good for the children of man to do under heaven during the few days of their life. **4** I made great works. I built houses and planted vineyards for myself. **5** I made myself gardens and parks, and planted in them all kinds of fruit trees. **6** I made myself pools from which to water the forest of growing trees. **7** I bought male and female slaves, and had slaves who were born in my house. I had also great possessions of herds and flocks, more than any who had been before me in Jerusalem. **8** I also gathered for myself silver and gold and the treasure of kings and provinces. I got singers, both men and women, and many concubines, the delight of the sons of man.

**Eccl. 2:9** So I became great and surpassed all who were before me in Jerusalem. Also my wisdom remained with me. **10** And whatever my eyes desired I did not keep from them. I kept my heart from no pleasure, for my heart found pleasure in all my toil, and this was my reward for all my toil. **11** Then I considered all that my hands had done and the toil I had expended in doing it, and behold, all was vanity and a striving after wind, and there was nothing to be gained under the sun.

**Matt. 19:27** Then Peter said in reply, “See, we have left everything and followed you. What then will we have?” **28** Jesus said to them, “Truly, I say to you, in the new world, when the Son of Man will sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. **29** And everyone who has left houses or brothers or sisters or father or mother or children or lands, for my name’s sake, will receive a hundredfold and will inherit eternal life. **30** But many who are first will be last, and the last first.