



Follow Me – Week 3 – The Cost

Spiritual Formation Guide

It's human nature – we cling to life and everything that comes with it. And we cling tightly. It's time to loosen your grip as you begin to surrender everything to Jesus. Everything you have is better in his hands anyway, so let it go.

Large crowds were traveling with Jesus, and turning to them he said: "If anyone comes to me and does not hate father and mother, wife and children, brothers and sisters—yes, even their own life—such a person cannot be my disciple.

²⁸"Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? ²⁹For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, ³⁰saying, 'This person began to build and wasn't able to finish.'

³¹"Or suppose a king is about to go to war against another king. Won't he first sit down and consider whether he is able with ten thousand men to oppose the one coming against him with twenty thousand? ³²If he is not able, he will send a delegation while the other is still a long way off and will ask for terms of peace.

³³In the same way, those of you who do not give up everything you have cannot be my disciples.

Luke 14:25-33

"And all the believers met together in one place and shared everything they had. They sold their property and possessions and shared the money with those in need."

Acts 2:44-45

Discussion Questions:

- Icebreaker: What is one of your most valuable possessions? What makes it special to you?
- What stood out to you from Sunday's service? Are there any questions or themes you've found yourself thinking about since church?

- Have someone read Luke 14:25-33 out loud. What do you feel as you hear Jesus' words? What questions do you have for him?
- Read Acts 2:44-45. Have you ever seen that spirit of generosity in other Christ-followers?
- Read Luke 14:33 again. When you hear the call to give up everything, is there anything that pops into your mind that would be particularly hard to give up? What is it?

Practices:

- Take a moment to be quiet, knowing that God is with you. Read through Luke 14:25-33 several times, pausing in between each reading. Is there a word or phrase that stands out to you? Use it to talk honestly to God about where you are today. How do you sense God's Word speaking to you?
- Listen to the worship song, "Make Room," that we sang together on Sunday - <https://www.youtube.com/watch?v=Qt0ziGaDkKE>. Hold your hands in an open, palms up posture. Invite God to show you what needs to be surrendered to him today.
- This week begin to list the possessions with which you feel the most anxious attachment. If you're not sure, think through the things you have and ask yourself, "What if I got rid of _____?" If you feel a strong reluctance at the idea, pay attention.

It might be:

- Clothes
- Shoes
- Accessories
- Home furnishings
- Books
- Records
- CDs
- DVDs / Blu-rays
- Video games
- Jewelry
- Appliances
- Kitchenware
- Kid's toys

Relax. No one is going to guilt you into getting rid of something you want to keep. But as we begin this practice, the invitation is to reach into a particular area of attachment and consider parting with something. You might sell it, donate it, or give it away.

If a wardrobe is your thing, how would you feel if you parted with a few outfits you like? What if you gave up some records in your collection? Some books on your shelf? A few pairs of shoes?

Start small. Take note of how the process makes you feel. Follow that feeling through the preceding practices.