



Snooze Series

Part 1 - "The Desire To Avoid"

Small Group Material

January 7th, 2018

Leader Guide

Bottom Line: *If you want to change your behavior, change what you see.*

Study Verses: *Matthew 26:36-41, 1 Peter 5:8, John 7:38*

Define The Win: *Participants would begin to articulate the type of person they want to become in 2018. They would pinpoint why they have been reluctant to address this area and continue to "hit the snooze button." Group member would recognize that change and transformation hinges on what they see and where they set their eyes.*

Key Points

- *There are things you need to do differently that you want to avoid.*
- *Temptation is the exchange of one promise for another.*
- *Temptation appeals to what you want without consideration of how you are made and who you are becoming.*
- *Change is always scary, but that doesn't mean it isn't needed.*
- *What you do emerges from who you are.*
- *There's a reason why you get stuck or remain stuck. Someone (the enemy) is trying to undermine you every step of the way.*
- *Sometimes the enemy isn't tempting you to do bad things, but rather tempting you to do your own thing.*
- *An encounter starts with what you see.*

- *Hitting the snooze button doesn't change the reality of the world we want to escape or avoid.*
- *All of us are becoming something. The question is whether we are doing it intentionally.*

ENCOUNTER

- What is your relationship with the snooze button? Is it part of your normal wake-up routine or do you never use it?
- What are some emotions or thoughts that cause us to hit the snooze button and avoid addressing issues that need to be faced?
- What happens to your mindset and perspective when you focus on a "To Be" list instead of a "To Do" list? How often do you give consideration to the person you are becoming?
- If you want to change your behavior, change what you see. Do you agree with this statement? Why or why not? How does what we see influence who we are becoming?

FORMATION

- Read Matthew 26:36-39. Where was Jesus' humanity displayed in this passage? How did Jesus wrestle with laying down His desires for God's purposes? In what ways should we imitate His actions in our own life?
- Read Matthew 26:40-41. How does our willingness to pay attention and being intentional about where we set our eyes help in our battle with temptation?
- Read 1 Peter 5:8. How should you react when the change and transformation you hope for is met with resistance?
- Read John 7:38. Do you believe this description can be true of your life and your walk with Christ? Why or why not? What makes you answer in the way that you do?

EXPRESSION

- In terms of taking action and living out your faith, where do you find yourself hitting the snooze button? What are you trying to avoid? Why are you trying to avoid it?
- What is one of your temptations? Where do you find yourself most often getting stuck, distracted or thrown off course? Why does this trip you up?

- **Who do you want to become in 2018? Why do you want to be that type of person? How are you going to make these hopes of change a reality?**

LEADER INSIGHT: *Studies have shown that 57% of Americans utilize the snooze button on a regular basis. We ignore the buzzer going off welcoming us to a new day. Instead, we tap the button, roll over, and convince ourselves that we will get out of bed eventually. Then there are those of us who can't bare facing our current circumstances, so we just pull the covers above our head hoping it will magically go away. But, hitting the snooze button doesn't change the reality of the world we want to escape or avoid.*

Many of us live our lives, in essence, hitting the snooze button. All of those hopes and dreams we put off for another day. We'll get around to finding our life's purpose a little bit later. We pass off the responsibility for things like developing our prayer life, restoring a broken relationship, getting our finances in order or decluttering our closets to our future self.

The problem with snooze buttons is that they provide us with the illusion of activity. Because we have the best intentions, and we think (and worry and obsess) about these things often, we fool ourselves into believing we are making some headway. But, intentions aren't the same thing as actions. It's hard to take a step of faith or produce any movement when our feet haven't even hit the floor.

If we put off taking action long enough, we will eventually go back to sleep, and all of those hopes and dreams fizzle out. Three things drive our procrastination. First, we want to put off the pain. To avoid the pain, we don't move or act at all. Change is always scary, but that doesn't mean transformation isn't needed. Doing something new or taking a step of faith is uncomfortable and requires us to be stretched.

Second, we want to prolong our pleasure. There are things we know we need to stop or let go of, but deep inside our hearts we enjoy them and want to continue what we're doing so, we don't act. There's a reason why we find ourselves stuck and often remain there. The enemy is trying to undermine us every step of the way. Sometimes the enemy isn't tempting us to do bad things, but instead tempting us to do our own thing. Temptation always appeals to what we want without consideration of how we were made or who we are becoming.

And, finally, we plan to perfection. We need to know how things will turn out and every step along the path crystal clear before we jump into action. We don't like to fail and the only way to avoid failing all together is by not trying in the first place.

So, how do we stop hitting the snooze button and begin to take action and work on the person we want to become in 2018? All of us are becoming something. The question is whether we are doing it intentionally. If we're going to change our behavior, it begins by changing what we see. An encounter starts with what we see and where we set our eyes. We need to take our eyes off our past regrets,

failures and shames and place our gaze on the person Christ is transforming us into and our new identity in Christ.

When we can't find peace, when God feels distant, when we are unable to shake feelings that something is missing or needs to change, we must pay attention. Rather than resist, we should lean in and be curious.

Restlessness serves as an invitation to seek His presence and perspective. He uses our unsettled heart to teach us more of His own. Only God knows what drives our discontentment. If we're willing to trust Him, on the other side of our restlessness is a peace that passes all understanding.