

The cross is definitely a symbol that goes beyond self-denial to death. Our seeking changes in our lives means that we will have to give something up in order to live that changed life? From non-productive work activities to yummy sweets, there must be a type of death involved in making that change. What do you believe? How does death figure into your plans for a life-transformation? Pray for God's guidance as you write your thoughts here.

### Thursday, September 11

Read Luke 14:25-33 once again. Pastor Jack asked the question, "What does a "Let God" life look like? He then shared five ideas on what that life would look like the first was to abandon our "me-centeredness" and surrender ourselves to God. This is the epitome of self-denial and death in order to create a new life for ourselves. Just remember that Jesus isn't the only person that ask for you to deny yourself in order to live a certain life that you desire. Your doctor wants you to lose weight. Any financial advisor wants you to give up funds for a future life that you hope to live. Any change requires self-denial. Why not let the Lord of all life guide in that process? Write your response here.

### Friday, September 12

The remaining ideas of what a "Let God" life look like are loving others sacrificially, resisting cultural pressures and daily dying. These ideas all point to the fact that Jesus invites to a life of spiritual growth and peace. It involved sacrifice, not caring what others think of you and like all disciplines it involves daily attention. Go over the message notes and see if you can define what each of the ideas of what a "Let God" life looks like for yourself. Perhaps this might be the beginning of a new identity! Write your ideas here.

## Message Notes September 7, 2025

### *Let Them Vs. Let God\**

- I. Last year Mel Robbins released another attention-grabbing self-help book in December 2024 called *The Let Them* \_\_\_\_\_.
  - A. The Let Them Theory encourages \_\_\_\_\_ parents — and anyone — to allow others to be themselves without attempting to \_\_\_\_\_ or \_\_\_\_\_ their behavior.
  - B. By adopting this mindset, one can reduce \_\_\_\_\_ and focus on one's own reactions and decisions, leading to greater \_\_\_\_\_ of mind and emotional well-being.
- II. Mel Robbins and Jesus offer different approaches. Robbins says, "Let them \_\_\_\_ themselves." Jesus says, "Let them \_\_\_\_\_ themselves."
  - A. You might be tempted to think that these ideas are \_\_\_\_\_. But, in truth, they're very \_\_\_\_\_.
    1. Jesus, if you think about it, simply takes Robbins a step \_\_\_\_\_.
    2. Robbins asks us to "let them" make their own way and choices, she is asking us to surrender and release \_\_\_\_\_.
    3. This cannot happen without a \_\_\_\_\_, without \_\_\_\_\_-denial.
  - B. The problem with the "let them" theory is that it stops at personal \_\_\_\_\_.
    1. It calls for detachment, but not \_\_\_\_\_.
    2. The essence of Christianity is not about self-\_\_\_\_\_, but about self-\_\_\_\_\_.
    3. The irony of self-help books is that any discipline aiming to improve our \_\_\_\_\_ self

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\*Luke 14: 25-33

always involves the death of our \_\_\_\_\_  
self in some way.

- C. True transformation requires \_\_\_\_\_ to self,  
rather than simply \_\_\_\_\_ it.

III. A “let them” life must move on from trying to control  
outcomes beyond our control to a “let me” attitude that  
\_\_\_\_\_ our will to God.

- A. The journey goes from “let \_\_\_\_\_,” to “let \_\_\_\_\_,”  
to “let \_\_\_\_\_!”

- B. What does a “Let God” \_\_\_\_\_ look like?

1. A “let God” life rejects a “\_\_\_\_\_ -centered” life.

2. A “let God” life surrenders \_\_\_\_\_ to God.

3. A “let God” life \_\_\_\_\_ others sacrificially.

4. A “let God” life resists cultural \_\_\_\_\_.

5. Finally, a “let God” life includes a \_\_\_\_\_  
\_\_\_\_\_ to self.

- C. The \_\_\_\_\_ question is not, “Will we let them?”  
but, “Will we let God?” Will we let God be our  
\_\_\_\_\_?

## ***Daily Devotional Guide***

The following is a daily devotional and study guide meant  
to enhance your understanding of the message  
and grow as a Christian.

It is offered for your personal reflection or to share with others.

### **Monday, September 8**

Have you ever read a self-help book? Have you ever thought of  
reading a self-help book? What part of your life were you trying  
to work on? From leadership, time management, spirituality to  
health concerns – mostly losing weight – there are many types of  
self-help books. Think about your life. Are there areas of your  
life that you would like to improve? There areas of your life that

you love but would like to seek further satisfaction? Most likely,  
there’s a self-help book for that! Consider these questions and  
your life and write your reflections here. Pray for God’s help and  
strength as well.

### **Tuesday, September 9**

Read Luke 14:25-33. Hate your family? Carry your cross? Plan  
for war? Give up all your possessions? These are difficult words  
coming from Jesus. Does he really mean them? Is our preacher-  
teacher Savior using exaggeration in speaking to those around  
him? Jesus can’t possibly want us to give all our possession  
away, can he? There are some scholars who do believe Jesus is  
using exaggeration to make the point that following Him involves  
sacrifice and denial of our desires and ambitions. Like us today,  
those who were listening to Jesus twenty centuries ago were  
looking for something in their lives. Jesus’s words serve to  
remind us that self-denial, in the example of Jesus, is part of our  
Christian faith. What have you sacrificed in order to live as a  
disciple of Jesus? How have you denied yourself? How has your  
life changed because of your desire live a Christian life? Meditate  
on these questions and write your thoughts here.

### **Wednesday, September 10**

Pastor Timothy Merrill wrote that “crosses are often worn as  
jewelry, tattoos or fashion statements. Wearing a cross is bizarre.  
It’s like wearing a little silver guillotine, or a gold electric chair,  
or a necklace with a diamond-studded Glock dangling from it. A  
cross represents one of the most tortuous means of killing a  
person. Yet we wear it as a fashion accessory. It’s a rank form of  
cultural appropriation — unless you are a Christian who takes  
their faith seriously.” What do you think of when you see a cross  
displayed in a place other than a church? Have you ever thought  
of the cross as a bizarre symbol of our Christian faith?