

# LIFE GROUP GUIDE

Message Series: Beyond the Chair

Message Title: Self-Service

Date: September 6, 2026

Speaker: Curtis House

## DISCUSSION & APPLICATION

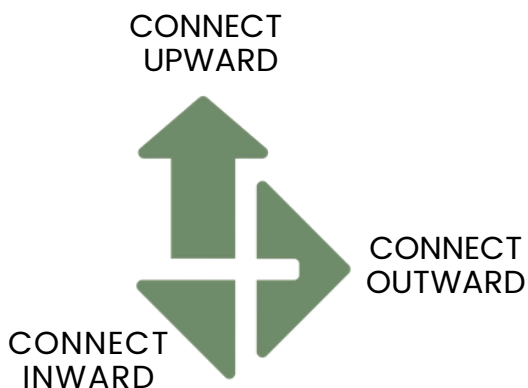
Read Romans 1:21-22 and 3 John 2-4

Healthy soul care leads to healthy self-care.

- 1. Discuss how culture defines “self-serving”. How is it different from what God’s Word says it is?**

**Find the right portion and ingredients: prioritize, set short/long-term goals, be specific with your time with God, and life together with others believers.**

- 3. In which of the above areas do you need to be more intentional with? What is your plan of action?**



Read Mark 10:41-45 and Luke 5:16.

We cannot go beyond the chair and serve like Jesus until we learn from Jesus.

- 4. How/when do you connect upward (time with God), inward (self-care), and outward (serving others)?**

## AT A GLANCE

### SCRIPTURE

Mark 2:23-28; Matthew 22:36-40; Romans 1:21-22; 3 John 2-4; Mark 10:41-45; Luke 5:16

### APPLICATION

- The right portions
- Don't overcook
- The right ingredients

## PAUSE, PONDER, PRAY

What are warning signs your soul isn't getting the attention it needs? Satan wants to convince us we are living in lack. Is there an area in your life where you've had a mindset of being in lack?