

Battlefield 8 – Self-Pity Leader’s Guide

- 1. What is self-pity? (Self-pity is feeling sorry for yourself, focusing on how bad your life is.)**
- 2. What are some of the lies the devil whispers to us? (“You’re not important”, “Your life will get better”, “Nobody likes you”, “You’re alone.”)**
- 3. What are some of the ways we can compare ourselves to others? (We compare looks, clothes, grades, families, athletic or musical ability, more.)**
- 4. Why is self-pity unhealthy? (It’s emotionally and physically exhausting. It can make you sick. It’s a trap and a prison.)**
- 5. John 5: 2-3 describes an ancient “hospital”. Why are the people there probably stuck in self-pity? (A bunch of sick people are all lying around with nothing to do. There’s no TV or Internet! It probably smells bad.)**
- 6. What are they all waiting for, and what do they believe? (They are waiting for the water in the pool to bubble up. They believe an angel will come down, stir up the water, and the first one in will be healed.)**
- 7. How long has one man been lying there sick? See verse 5. (38 years.)**
- 8. What question does Jesus ask the man? See verse 6. (“Do you want to get well?”)**
- 9. Describe the interaction between Jesus and the man in verses 7 and 8. (The sick man tells Jesus he has no one to help him into the water. He tries, but someone else always gets there first. Jesus tells him to stand up, pick up his mat, and walk.)**
- 10. Does the sick man let go of his self- pity? (He does!)**
- 11. What happens to the man? See verse 9. (He is instantly healed! He begins walking! He’s free to leave the “hospital”.)**
- 12. How can you deal with self-pity once the Holy Spirit is in your life? (Say NO to self-pity. Capture the thoughts of self-pity, and say STOP! Choose to replace self-pity with thankfulness. Make a list of things you’re thankful for. Catch yourself in negative self-talk. Be patient if you make a mistake. Choose to forgive yourself. Reach out. Get your mind off yourself.)**