

Who Told You That?

Sermon Based Questions

"Who Told You That? Part 5: You Do You" – Nathan Blais

Sunday, May 10, 2026

This message explores the cultural lie of "live for yourself" or "you do you" and contrasts it with Jesus' call to surrender and follow Him. Through Matthew 16, we see that a self-centered life ultimately leads to loss, while an identity anchored in Christ brings freedom, stability, and purpose. Jesus invites us to stop looking inward for identity and to look upward instead.

Share

1. What is one piece of advice or encouragement your mom or a mother figure gave you that has stuck with you over the years?
2. What is one responsibility or role in life that has taught you the most about sacrifice?

Discuss

3. Read *Matthew 16:21–23*. Discuss why Peter reacted so strongly when Jesus spoke about suffering and death.
4. The sermon described Peter's words as loving but still spiritually dangerous. Why can well-meaning people sometimes lead us away from God's perspective?
5. Read *Matthew 16:24–26*. What do you think Jesus meant by "take up your cross and follow me"?
6. The sermon contrasted "your truth," "follow your heart," and "your feelings are your guide" with seeking God's perspective. Why are inward feelings alone an unstable foundation for identity?
7. Read *Colossians 3:1–3*. What practical things help set your mind on "things above" instead of being consumed by earthly priorities?

Reflect

8. Read *Matthew 16:25*. Where are you most tempted to "hold on tightly" instead of surrendering control to God?
9. The sermon suggested that constantly trying to define and reinvent yourself can become exhausting. Have you experienced that tension personally? Why or why not?

Apply

10. What is one practical way you can intentionally seek God's perspective first this week instead of relying only on your own instincts or emotions?
11. What is one area of your life that you sense God inviting you to surrender more fully to Him right now?