

Study QUESTIONS

Ep. 1180: Am I My Own Worst Enemy?

<https://christianquestions.com/character/1180-worst-enemy/>

See:  CQ Rewind
SHOW NOTES

1. As footstep followers of Jesus Christ, who are our main enemies? (See Romans 7:15-19, James 4:4, 1 Peter 5:8)
2. What can Peter's denial of Jesus teach us about how feelings can distort perception? How can we refocus ourselves? How did Jesus refocus Peter? (See Matthew 26:69-75, John 21:15-17, Romans 6:16)
3. How does Peter's experience walking on water relate to the times we reject positives in our lives? If we focus on God's grace and His providence working in our lives, what do we gain? (See Matthew 14:27-33, Romans 8:28)
4. What is "catastrophizing"? When did Jesus' disciples fall into this kind of thinking? How can we combat these thoughts? (See Mark 4:36-41, 1 Corinthians 10:13)
5. How can unfavorable comparisons distort our perception of ourselves? How does 1 Corinthians 12:14-20 help us gain perspective? (See also: 1 Corinthians 1:26-29)
6. Why is "overgeneralization" such a serious issue? How does looking at ourselves as God sees us help with thoughts of overgeneralization? (See Isaiah 64:6, Romans 3:23, 12:3, 1 Corinthians 1:26-29, Philippians 3:13-14)
7. How did Aaron blame others for his own sins? Do you find yourself minimizing your accountability in situations of this nature? How can we use the dishonesty of his experience to remind us of our responsibility and focus? (See Exodus 32:19-25, Colossians 3:2-3)
8. What can we learn about the "Fairy-Tale Fantasy" from James and John's request? How should we structure or restructure our view of *our* ideal life? (See Mark 10:35-40, 1 Peter 4:12-13)
9. Is your perception of your experiences, your self-value, your contributions, your ideal life or of your responsibilities being distorted by your thoughts? If so, what is causing the distortion? How will you combat this perception distortion?