

# Christ In You: Alive & Free

## Supplemental resources for discussion groups

### Chapter 5: Dance

#### Process

##### **How have you tried to lead in your life, instead of following Jesus' leading?**

Encourage people to think about every area of their lives, even the mundane. Oftentimes, we know God in the big moments of our lives, but don't realize what we actually have in him for every breath.

##### **What parameters have you set up that you want God to stay within? When you think of total dependence on Jesus and nothing else, what concerns come to mind?**

When we talk of dancing, it's giving ourselves fully into the arms of our dance partner. When we hold back, we stiffen up and don't flow through the movements of the dance the way it's intended to be done. With God, we often stiffen up or close off areas of our lives where we aren't sure we can trust him, places where it feels too painful to allow him in, parts of our lives where we may be blind to how we are actually living - biases, prejudices, and the like.

If you've experienced significant pain and difficulties, it may be challenging to think of total dependence on Jesus as a viable way of life. Are there things in your life that have become obstacles or reasons that you hold onto to keep you from depending on Jesus and nothing/no one else?

Might be good to follow-up with a question like, "Is there a part of your life that you don't think God could use?"

##### **Where have you willingly joined the dance and followed his lead?**

This is designed to celebrate the places where people have experienced his freedom, Life, and victory in their lives. Though there may be some areas they just shared where they don't feel as if they are thriving in Christ, there may be other areas in their lives where they have *tasted and seen that he is good (Psalm 34:8)*.

## Reflect

**What area(s) of your life would look different if your mindset was “Jesus, all of you in all of me” instead of “more of you and less of me”?**

Encourage Christ-confidence, not merely self-confidence. This is a wonderful opportunity to speak into the worth and value of each person. God determines worth and value as the Creator, and in that reality, he deemed us all worthy of the sacrifice of Christ on our behalf to enable us to be in relationship with him. This is not so we disappear, but so we are given his Life in us to live through us as only he can with our personalities.

**How would your relationships with others be different if you realized his grace is sufficient for you in every moment (2 Corinthians 12:9)?**

Realizing his grace *is* sufficient for you, means that he's enough for you right now. He has us, and we are accepted in him. We no longer have to be in relationships with others where we are hoping they will meet an unmet need. We can now live from a place of fullness, instead of neediness. So, as we interact with others, we can ask the Spirit to show us what others need and what he wants to do through us for others, not needing anything in return. We are free in Christ and free to Christ, and can allow others to be free in and to him as well, instead of needing them to respond to us in a particular way.

**Why is “marching” often easier than “dancing”? What do we miss out on when we simply “march”?**

Marching can feel safer because there is clarity for each step, and the intent is that we blend in to the crowd. Dancing with the *Lover of our souls* is intimate, personal, and vulnerable. It keeps us from having a checklist that we just need to accomplish each day because it's less about what you do and more about the relationship you have with the Creator, and trusting him to not only be alive in you but to live through you.

In marching, we don't realize the intimate relationship that we have. We think we are performing for him instead of moving with him as he moves us.