



## Connect Group Discussion Guide

*The idea of this series, "Junk in the Trunk", is about finding freedom from the things that weigh us down.*

1. We sometimes want to be the "fixer"; the one who saves the day and solves the problem. This is the essence of the "Messiah Complex": do it all yourself, don't ask for advice, directions or counsel, be the rescuer. What do you think drives people who want to be the fixer? Do you think they have a Messiah Complex or could it be something else?
2. You can try to do it all yourself, but you can overwhelm yourself. Can it be hard to ask for help? Why or why not? Do you have a hard time asking for help?
3. Read Exodus 18:13,15-16. In these verses, Moses is meeting with all of the Israelites trying to do it all, be all, and fix everyone's problems. He stands by himself all day and deals with one problem after the next; taking on the burden of judging and administrating all on himself; stress, overwhelm anxiety result. Have you seen this happen in the life of anyone you know; someone taking on all of the problems of others? How does this impact them?
4. Read Exodus 18:17-23. Moses' father-in-law, Jethro, gave him some advice about doing all of the work himself and provided guidance on how to select capable people to whom to delegate responsibility and authority. This was an unlikely source since Jethro was a shepherd rather than a leader of another nation. At times wise counsel can come from an unlikely source. Have you ever experienced a time where a solution or answer came from an unlikely source? How did you respond?
5. Some ways to overcome the Messiah Complex are:
  - **Reflect:** Think about our lives with intention (Are you just responding to situations or are you thinking before responding?)
  - **Prioritize:** Own what is yours and focus on that (Is this hard to do?)
  - Be **Realistic** about your capabilities: Do what *\*you\** can do *\*realistically\** (do you see people sometimes put unrealistic expectations on themselves? How does that impact them)

*Series: Junk in the Trunk*

*"Messiah Complex"*

*Week of July 11, 2021*

### Main Idea

***We sometimes want to be the "fixer"; the one who saves the day and solves the problem. This is the Messiah Complex. Once we identify it, we can overcome it.***

### Key Scripture Reference(s)

***Various verses from Exodus 18***

### Your Faith in Action

What steps will you take this week to **show** others what you believe (in words, and in deeds)?

**Mon:** \_\_\_\_\_

**Tue:** \_\_\_\_\_

**Wed:** \_\_\_\_\_

**Thu:** \_\_\_\_\_

**Fri:** \_\_\_\_\_

**Sat:** \_\_\_\_\_

**Sun:** \_\_\_\_\_

*This is a constant element, so you can practically live out your faith everyday.*