

“So there is this principle that the death of this one thing gives us life.  
Our survival, our sustenance, our life is dependent upon the death of another living thing.”

In what ways do you see death bringing new life?  
Does death always result in new life?

Whoever finds their life will lose it, and whoever loses their life for my sake will find it.  
[Matthew 10:39 \(TNIV\)](#)

“Do you ever find yourself telling a story in a particular way to make yourself look better?  
Like you emphasize certain details and you leave other details out.  
It’s like you twist the story ever so slightly in your favor.  
For many of us, this impulse is so deep within us, we’ve been doing this for so long,  
we’re not even aware that we’re doing it.”

Why do we try to make ourselves look better than what we actually are?

“Jesus invites that part of us to die.  
The part of us that always has to be right.  
The part of us that always has to be better.  
The part of us that always has to look good.”

Do you feel like you need to be right?  
Do you feel like you need to be better than others?  
Do you feel like you need to look like you always have it together?

You are not your own; you were bought at a price.  
Therefore honor God with your body.

[1 Corinthians 6:19-20 \(NIV\)](#)

“We pick up from a young age, from the world around us, we pick up that it’s about winning.  
It’s about impressing. We pick up that our worth and our value and our significance come from how good we are,  
how smart we are, how skilled, how better, how competent.  
And we quite quickly realize that the way to get ahead is to raise yourself up,  
to take the path of ascent. To climb higher and higher.”

When was the last time you thought you were better than another person?  
Have you used other people to get ahead in life?  
How does this affect other people?

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“We learn how to build, how to construct these masks and façades to cover up all the things that we aren’t. So we spend all this energy maintaining this false self. Carefully protecting and preserving this image that we’ve created.”

How do you want others to perceive you?  
Why is protecting a false image of yourself so exhausting?

Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?”

[Luke 12:22-26 \(NIV\)](#)

“Jesus invites us to lose our life so that we can really find it.”

How do you lose your life?  
How do you find your life once it is lost?

Listen carefully: Unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But if it is buried, it sprouts and reproduces itself many times over. In the same way, anyone who holds on to life just as it is destroys that life. But if you let it go, reckless in your love, you’ll have it forever, real and eternal.

[John 12:24 \(The Message\)](#)

“Think about how many relationships, how many broken relationships aren’t going to get any better until somebody is the first to apologize. Why is that so hard? It’s so hard because when we say we’re sorry, when we admit that our hands aren’t clean and that we may have contributed to this mess, saying you’re sorry is a form of death. It’s a refusal to carry on the false self and prop it up. It’s a refusal to preserve that perfect image of yourself.”

When was the last time your ego stopped you from doing the right thing?  
Do you have a relationship that is broken?  
Do you need to make amends with anyone?

“But some people refuse to die. Don’t they? They just endlessly cling to their ego and their false self and they keep propping up this particular version of themselves. Trusting in their own efforts to somehow, someday be good enough. And as they do that, the life is just drained right out of them.”

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Are you holding so tightly to your life that you are actually losing it?  
If so, in what ways?

“So may you lose your life, and in the process, find it.  
May the love of God free you from fear.  
And may you trust that Jesus saves.”

Put ingredients in the blender in this order:

1 chopped jalapeño pepper, seeds removed (leave the seeds in if you like it hot)

1 small to medium yellow onion, cut into quarters

1 handful of cilantro

8 roma tomatoes, cut into quarters

1 squeeze of lime

1 generous pinch of sea salt

Blend just until the tomatoes start to get blended. You want the tomatoes to still be chunky and not pureed.  
Pour into a bowl and eat right away.

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# NOOMA

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**NOOMA Tomato I 022 Rob Bell**

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