

## CHAPTER 5 DISCUSSION QUESTIONS: “FOLLOW JESUS”

*Seek First: How the Kingdom of God Changes Everything*, by Jeremy Treat

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1. On pp. 86-87, the author writes, “In the New Testament, followers of Jesus are called ‘Christians’ three times, ‘believers’ fifteen times, and ‘disciples’ two hundred thirty-five times. Since the call of Christ is to be a disciples, let’s make sure we understand what it means.... At its most basic level, a disciples follows someone in order to be with them, learn from them and become like them” (pp. 86-87).
  - How do you typically view yourself: a fan of Jesus? Or a follower of Jesus? A Christian? Or a disciple?
  - What would it mean for you to think of yourself primarily as a disciple of Jesus? In other words, what would that mean for you practically day in and day out? Or to put it another way, how would you know a person is a disciple of Jesus by their actions?
2. “The greatest thing about following Jesus is...Jesus! While there are many benefits that come from Christ, nothing compares with knowing Christ” (p. 87).
  - How does this quote resonate with you?
  - Do you feel like you are growing in *knowing* Christ over this past year? If so, what does that mean to you? If not, what would you like to see change?
3. Read this quote found on p. 92, “Because of the gospel, we’re motivated not by guilt but by gratitude. When I fix my eyes on Jesus and remember what he has done for me, I rejoice of his perfect life credited to me, his sacrificial death that removes my guilt and shame, and his victorious resurrection that gives me the power to overcome sin. As my gratitude for the gospel grows, I can walk in a manner worthy of my calling. I don’t need to be enslaved to sin because I’ve been set free. I can say no to weaker desires because I’m saying yes to a greater desire. This doesn’t rule out the need to strive for holiness; it just means that we are to strive with a grace-driven effort (Phil. 2:12-13). We do not work *for* grace but *from* grace.”
  - What do you find helpful in this paragraph? What questions or ideas or thoughts does it provoke for you?
  - Put this sentence in your own words: “We do not work *for* grace but *from* grace.”
4. Read these two paragraphs:

“The gospel is the power for transformation. But unless the gospel grips your heart, you’ll settle for the typical way that many Christians seek change: behavior modification.... The behavior-modification approach focuses on external obedience apart from heart transformation. The method is simple: stop doing bad, start doing good—all driven by trying harder. Inevitably this ends up in the spin cycle of failure, guilt, trying harder, and then more failure and deeper guilt, until we reach despair or settle for duplicity” (p. 93).

“God’s way of change is not behavior modification; it is inside out transformation.... When the good news of Jesus penetrates our hearts, it transforms us from the inside out. The truths of the gospel rewritten and recalibrate us, forming new habits, rhythms, and patterns. We want differently and think differently, so we begin to act differently.... Remember, the heart, in the biblical sense, is the steering wheel for all of your life. As the good news of Jesus’ life, death, and resurrection changes your heart, your life is transformed as an overflow of what you believe and desire” (pp. 93-94).

- Do you tend to think of the Christian life in terms of behavior modification? If so, why do think that is your default setting?
  - What do you find helpful about the author's description of the inside out transformation of the gospel?
5. What is your biggest takeaway from this discussion? What is the one thing you want to remember going forward?