

Are there any gifts of grace for which you have failed to thank God for, or to show your thankfulness in your speech or conduct?

### SESSION 5

Date \_\_\_\_\_

**Lesson:** Dialogue with Jonah (pp. 33-38).

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

**For next session:**

- √ Bible Reading: Develop your own Bible reading plan,\* and continue with daily readings.
- √ Scripture Retrieval: Choose a new truth or promise (pp. 66-67); memorize the new passage and review the past four.
- √ Prayer: Develop a praise journal (pp. 63).
- √ Meditation: Read pp. 39-49 and consider:  
*Has your heart recently been moved in compassion for someone less fortunate? How did you respond? How do you believe God would have had you respond?*  
*Do you struggle with feeling that God loves you? What is the cause of His perceived rejection? Is there grace for that?*  
*Has your expression of love toward others affected your understanding of how God loves you? Explain.*  
*What is one area in which you have recently struggled with self pity? How does God's love (as described in Scripture) change your perception?*  
*How should you change your expression of love toward others based on God's love for you?*  
*In what way has suffering affected your perception of God?*  
*Which of your emotions most often distracts you from God's glory?*

### SESSION 6

Date \_\_\_\_\_

**Lesson:** Do What Jesus Did (pp. 39-49).

(1) Discuss your answers to the homework questions from

the previous session. (2) Share successes or failures in applying the truths you're learning.

**To prepare for the next session:**

- √ Bible Reading: Continue with daily readings.
- √ Scripture Retrieval: Choose a new truth or promise (pp. 66-67); memorize the new passage and review the past five.
- √ Prayer: Continue with your prayer time.
- √ Meditation: Read pp. 51-58 and consider:  
*Consider your interaction with the Word and the Spirit. How have you fallen short in your responsibility of discovering God's direction for you? When you open the Scripture are you opening to learn or to prove your point?*  
*Which characteristic/ fruit of the Spirit do you see as lacking in your life? Ask a loved one or close friend to honestly assess you as well.*  
*Which of the works of the flesh do you see as active in your life? Ask a loved one or close friend to honestly assess you as well.*  
*Develop a list of things for which you can give praise God and thanks to God. Begin to make this the predominating aspect of your prayer life, along with confession.*

### SESSION 7

Date \_\_\_\_\_

**Lesson:** Follow as the Spirit Leads (pp. 51-58).

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

*While this concludes the study, it should not conclude the daily habits essential for growth you have been developing. May you continue to grow in grace and in the knowledge of the Lord Jesus (2 Pet. 3:18).*

- √ Bible Reading: Continue with daily readings.
  - √ Scripture Retrieval: Select Bible passages in areas of struggle and continue your pattern.\*
  - √ Prayer: Deepen and develop your prayer time.
  - √ Meditation: Spend 15 minutes a day reading a spiritual growth book to supplement your daily Bible reading.\*
- \* Check out the resources tab at [biblicalstrategies.com](http://biblicalstrategies.com) for free downloads of many helpful articles and tools.

## Accountability Plan Study Guide

# Read-End Desire

biblical strategies  
for overcoming  
self-pity



**Biblical Strategies**

*How you get to where God's taking you.*

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## STUDY GUIDE & ACCOUNTABILITY PLAN

This guide accompanies the book *Dead-End Desire: biblical strategies for overcoming self-pity*. It is intended to assist you in personal study, counseling or discipleship. It can also be used to lead a small group study through *Dead-End Desire*. Permission is granted to make copies and distribute as needed. Additional resources are available at: [www.biblicalstrategies.com](http://www.biblicalstrategies.com)

### SESSION 1

Date \_\_\_\_\_

**Lesson:** Getting started.

Read pages 7-9, and discuss the following questions:

*Do you struggle with self-pity?*

*How does it reveal itself in your life?*

Read page 59 and familiarize yourself with the practical suggestions (pp. 60-69)

**To prepare for the next session:**

- √ Bible Reading: Begin your daily Bible reading (p. 65).
- √ Scripture Retrieval: Choose a truth or promise (pp. 66-67) and begin memorizing the biblical passage.
- √ Prayer: Use the 10-minute prayer pattern (p. 60)
- √ Meditation: Read pp. 11-19 and consider:  
*What circumstances/situations/feelings ignite self-pity within you? How do you respond to uninvited criticism? Uninvited instruction? When you encounter self-pity, which unmet desire most often causes it? Why do you think it's easier to wallow in self-pity than it is to cry out for God's mercy?*

### SESSION 2

Date \_\_\_\_\_

**Lesson:** Dialogue with Cain (pp. 11-19)

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in

applying the truths you're learning.

**To prepare for the next session:**

- √ Bible Reading: Continue your daily Bible reading (p. 65).
- √ Scripture Retrieval: Choose a new truth or promise (pp. 66-67); memorize the new passage and review the past one.
- √ Prayer: Continue with the 10-minute prayer pattern (p. 60)
- √ Meditation: Read pp. 21-25 and consider:  
*What are some things that cause you to be agitated? Are there any memories that you have that might be affected by self-pity? How might they be affected? What is God using in your life to turn you to himself? Are you instead choosing self-pity? Complaining and self-pity are closely linked. What are some things that you routinely complain about? How does that correlate with feelings of self-pity? Compile a list of things you can and should be thankful for. Be exhaustive.*

### SESSION 3

Date \_\_\_\_\_

**Lesson:** Dialogue with Moses - Part 1 (pp. 21-25).

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

**To prepare for the next session:**

- √ Bible Reading: Continue your daily Bible reading (p. 65).
- √ Scripture Retrieval: Choose a new truth or promise (pp. 66-67); memorize the new passage and review the past two.
- √ Prayer: Consider using Nehemiah's prayer pattern this week (pp. 61-62).
- √ Meditation: Read pp. 25-32 and consider:  
*What are some of the issues connected to your broken relationships? Do you have the other person's perspective on those issues?*

*Are there any promises in Scripture that address your struggle with self-pity?*

*Self-pity and faith are arch-enemies. In what ways do you struggle to exercise faith?*

*In what circumstances/situations/relationships do you feel alone? What does God's Word express about your loneliness?*

*What are some things that God has accomplished in your life that you could not have accomplished on your own?*

*What are some ways that you've tried to take on God's roles and failed?*

### SESSION 4

Date \_\_\_\_\_

**Lesson:** Dialogue with Moses - Part 2 (pp. 25-33).

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

**To prepare for the next session:**

- √ Bible Reading: Continue your daily Bible reading (p. 65).
- √ Scripture Retrieval: Choose a new truth or promise (pp. 66-67); memorize the new passage and review the past three.
- √ Prayer: Develop a praise journal (pp. 63).
- √ Meditation: Read pp. 33-38 and consider:  
*Are there areas you have given up, and no longer look for help from God or His people? In what areas do you need to cry out to God for rescue? Is there an area of your life where you willingly accept God's grace but refuse to extend it to others? Is there anything you mistake as your right that you ought to see as God's grace? Do you have any unmet desires that are causing feelings of anger or self-pity? When was the last time you were angry over not getting something you wanted? Is that a pattern?*