

# 25 Ways to Win with People, Lesson #1

## by John Maxwell and Les Parrott, PH.D.

### Good Questions by Josh Hunt

#### Start with yourself

1. Does the chapter title (the first chapter, no less) “Start with yourself” strike you as being selfish? I thought we were supposed to forget about ourselves. Why is self-care not selfishness?<sup>1</sup>
2. Someone look up Philippians 2:4.<sup>2</sup> Whose interests are we to consider?
3. Can self-care become selfishness? When does self-care become selfishness<sup>3</sup>
4. Page 2 says, “You can’t be happy without being healthy.” What does he mean by healthy in this context? Why is it necessary that we be healthy in order to be happy?
5. Page 3. What is a winner? Briefly, how do we become a winner?
6. How does the Christian faith help us to think rightly about our value?
7. Why is it important that we think rightly about our value?
8. How does not thinking rightly about our value hurt relationships?
9. Would you say, generally speaking, people tend to make too much or too little of themselves? What dangers lie down each path?
10. Someone remind us of the story of the creation of the movie Rocky. How does this story demonstrate the importance of valuing yourself?
11. How can we develop an appropriate value of ourselves? How can an insecure person become a little more confident?
12. What keeps us from developing an appropriate value of ourselves?
13. If one of your children said they just didn’t like themselves, thought they were no good, or other such comments, how would it make you feel?<sup>4</sup>
14. What is one thing you want to remember from this chapter?
15. How can we pray for one another this week?<sup>5</sup>

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<sup>1</sup>The goal is to have enough confidence that you can forget about yourself. Insecure people are always needing to be stroked.

<sup>2</sup>Each of you should look not only to your own interests, but also to the interests of others. Phil 2:4 (NIV)

<sup>3</sup>Jesus spoke of living the narrow way. I think the sense of it is that it is easy to miss on one side or the other. It is more difficult to find that narrow way—the balance between two extremes. If you are thinking about whether you are too far to one side or the other, you are probably pretty close to the middle. If you think this is a dumb question, you might be too far in one direction or the other.

<sup>4</sup>The point being, of course, that that is how God must feel when his children don’t value themselves. And, the example works on the other side—if our kids are arrogant or prideful we don’t like that too well either.

<sup>5</sup>I will include this question at the end of each lesson. However, I wouldn’t actually do the prayer till the end of the session. I’d suggest you do two or three lessons per session and pray at the end.