



LIVE YOUR TRUE SELF

This series will give you FIVE RELATIONAL SKILLS to put into practice in your relationships.

By the end of the series you will know how to better give love and also receive love.

You will enjoy better EMOTIONAL and RELATIONAL health.

OPENING QUESTIONS - *Use one or both of these questions to connect with others in your group:*

1. Rate how much you use social media on a scale of 0 to 5, 0 being none and 5 every day.
2. Is it difficult for you to know and share your true self?

KEY POINTS - *take a minute to review the key points from this weekend's message*

1. We all feel pressure to present the very best picture of ourselves to those around us and that may not always be an accurate representation of who we truly are.
2. Our "True Self" is made up primarily of three components. What we **know** about ourselves, what we say or **speak** about ourselves, and how we **act**.
3. Jesus lived his true self when he embraced God's truth about himself and we can do the same.
4. God desires you to live as your authentic true self.
5. You can live your true self as you embrace God's truth about yourself!

SCRIPTURES USED IN THIS MESSAGE: Luke chapters 3 & 4, Luke 3:15-16, Luke 3:21-22, Luke 4:1-13 & 16-21 & 28-30, Ephesians 4: 21-24, 2 Corinthians 5:20, Ephesians 2:10, 1 Peter 4:10, John 17:4

RESPOND

Talk about a thought, phrase, or moment from this weekend's message that stuck with you. Give a brief reason for why these things stuck with you.

Take some time to talk about the three aspects of "True Self".

- What we know about ourselves – our thoughts, feelings, core values.
- What we say or speak about ourselves – things we articulate and speak out loud pertaining to those thoughts and values.
- How we act – our choices, abilities, and talents that we put on display in our actions.

Choose one scripture passage for each person in the group to read aloud. As a group list one way each of these passages help us to know our true self.

Share one aspect that you know about your True Self.



APPLY

Take time this week to think about and list your actions that define who you are. Separate your list into two columns, the actions that represent who you want your "True Self" to be and those that do not. Take time to pray before you begin, asking God to reveal his truth about who he has made you to be. Ask him to help you see those actions that support who he wants you to be and those that don't.

PRAY for each other in your group, that each of you will be able to connect with God this week and truly understand more about who he has made you to be.