



May 18-19, 2024

Break the Ice

Take a minute and brag about yourself. What would you say are your top three qualities?

The reality is, we all have a tendency to want to only show the best of ourselves. Approximately, 94% of people admit to carefully crafting the content that they share on social media in order to present themselves in a certain way.

What is the most number of pictures that you've taken before you found the "perfect one" to post? Do you still have the outtakes that you'd be willing to share?

Up

The term that Theologians often use to describe God coming to earth in flesh is called the "incarnation." This doctrine is crucial to showing how the Christian faith is one based on compassion and grace, not merit. Most religions present a person with a way to reach "god," yet Christians point to Christ coming to us.

Read Philippians 2:6-7.

Simply ask the group, "why would God do this?"

How should this doctrine inform our lives, especially when we are at low points in our personal story?

In

What distortions or lies might you find yourself most susceptible to internalizing that diminish the truth of your worth to God?

In what scenarios or states of mind do you encounter obstacles to embracing and acting upon truth?

Out

For many who follow Christ, admitting that things are not healthy or okay (whether because of our own choices or not) can be challenging. In a world where we are conditioned to show the best side of ourselves and to diminish the parts that reflect poorly on ourselves; the Christian must be different.

Read 2 Corinthians 4:6-12. What is being taught in this passage? How does this passage challenge the mindset outlined in the above paragraph (under “out”)?

What fears prevent us from being vulnerable and honest?

What is lost by living a life the hides? How does it affect people who don't follow Christ?

Prayer

Conclude your time by leading the group to pray:

- Ask the group if anyone is willing to practice vulnerability and share what the group can be praying for? Then spend time praying over those individuals.
- Express gratitude to God for how we know He is with us due to the resurrection.
- Ask God to help you choose to have faith enough to be vulnerable and honest with your life.