

## AUTHENTIC

### INTRO

What is a unique skill that you think you can do better than anyone else in the group?

### READ

1 John 3:2; Romans 8:29; 1 John 1:5  
1 John 1:7a; 1 John 3:9 The Message

### REFLECT/RESPOND

Thesis: The more we walk with Jesus, the more we grow into and become our authentic self.

The Problem: Because of the fall in general and the effects of the fall in our personal story, we all avoid shame by projecting a self, other than the one God made us to be.

We are all called to become more like Jesus, but that doesn't mean we are to all become clones. Instead, we want to consider what Christ would look like *through* our personality.

Messages from John that can help us become the unique and authentic person God has for us:

#### **1. God does not trick us, He can be trusted**

In God there is no darkness at all.

Even those who are close to us, because of their own brokenness, can hurt us and be completely unaware that they are putting harmful demands on our relationship.

*Qu: Can you recall a hurtful/harmful demand that has been put on you by someone close? How did it make you feel?*

#### **2. It is safe to confess our sins and faults**

### ***Pt 11: Becoming the Authentic You***

The word confess in the Greek (homologeō) simply means to agree with God. We agree with God that we are not without sin and need his ongoing mercy and forgiveness.

In order to grow, we must be able to get real. Christian author and Enneagram expert Ian Morgan Cron says, "When the curtain of projection finally comes down, the green shoots of the authentic self can begin to emerge."

As we build deeper relationships in our lives with other believers, we set the stage for more acceptance and challenge in our lives – two ingredients for true growth.

*Qu: Do you have one or two other believers in your life that you can be transparent with about your life? If yes, why did you choose them?*

#### **3. There is very real power from being born of God**

Being a Christian does not mean one never has problems, but the power of God is real to bring transformation.

*Qu: Describe your life before and after you experienced the power of God through your new birth.*

### PRAY

For each other for understanding of thought patterns that hold us back from becoming our authentic selves.

Pray for any needs that are present in the group

Our deepest calling is to grow into our authentic selfhood, whether or not it conforms to some image of who we ought to be. As we do so, we will not only find the joy that every human being seeks – we will also find our path of authentic service in the world. – Parker Palmer