

Weekly Sermon Discussion Guide

July 28, 2019

Turn Off Notifications

How to Be Yourself

Luke 6:12-13

EXPLORING THE SERMON

- What did you hear?
- What did you think or feel about what you heard?
- What is one thing you can take away from the sermon this week?

KEY VERSES

¹² Now during those days he went out to the mountain to pray; and he spent the night in prayer to God. ¹³ And when day came, he called his disciples and chose twelve of them, whom he also named apostles. **Luke 6:12-13**

DISCUSSION AND REFLECTION

This week, the myth that we consider is: My identity is defined by what others think of me. In looking at what makes claiming our identity so difficult, we've had the opportunity to really think about what makes it so hard to live knowing we are fully loved by God. As we get used to creating our own identities, we feel more pressure to find authenticity in who we are.

This myth has such a powerful effect on us because we feel the need for others to recognize our identity in order for it to be meaningful. We feel a certain pressure to project an image of ourselves, as if we need to prove our value to others. ***In what ways have you wanted to project a specific image of yourself? Why or why not?***

The practice of solitude involves not simply detaching from technology, but withdrawing from other people, pressure, and problems of our lives. Throughout the New Testament, Jesus prepares to be with others by first being by himself. If we aren't able to be by ourselves, it will be more difficult for us to know how to be with others, especially gaining their approval. ***Do you have a regular practice of solitude? When have you experienced God during solitude?***

We may avoid solitude precisely because it brings us face to face with things in our life we'd rather avoid. Solitude provides us the opportunity to ask God questions about our intentions, worries, and desires – even things we might not be able to bring to others yet. In the company of the Holy Spirit, we are better able to hear God's call for our life. ***Does the idea of solitude make you anxious, or something you look forward to?***

Solitude is not how will you find God, but how you will let yourself be found by God. ***What are the differences? How can you let yourself "be found by God," and allow solitude to be a regular practice in your life?***

Heavenly Father, you assure us through your Holy Spirit that You will meet us when we come to You. May we yearn for an identity that is not tied to an image we want others to believe about us, but rather as your beloved sons and daughters. May we embrace our brokenness and draw closer to You. Amen.