

## The End of Me Viewer Guide Session 4: Authentic to be Accepted

### Discussion Question:

1. What stood out to you from the video?
2. Read Matthew 5:8. As you think about the fact that authentic people will see God, why do you think God desires authenticity and transparency in his followers? What does it mean to you to be authentic?
3. Kyle said that our human nature is to “focus on the outer appearance when Jesus wants our hearts.” Why do you think we as humans tend to focus on the outer appearance rather than the insides? In what area of your life, do you struggle with projecting a desired image of yourself?
4. Read Matthew 15:7-20. What analogies and illustrations does Jesus use to show how he feels about inauthenticity? According to this passage, why does Jesus want us to focus on our hearts?
5. Jefferson shared how when he lost his place on the baseball team and his girlfriend left him, it felt like “the rug had been pulled out from under him”. Share a time when the image you desperately sought after, came crashing down.
6. Jefferson said that God has accepted us the way we are but loves us too much to leave us there. How is this an example of grace and conviction working together?
7. Jefferson also shared that “it was exhausting to put up the act”. Why do you think it is so difficult to keep up a projected image of ourselves instead of coming to the end of ourselves? Why do you think we continue to try to keep up appearances even when it is so difficult?
8. Kyle shared that “eventually our real self-catches up with our false self”. How have you experienced this in your life?
9. Kyle also said that in those times, our tendency is to want to hide. Can you come up with other people in the Bible whose first reaction was to hide when confronted with the truth or their sin? Why do you think our tendency is to hide?
10. Kyle said that when we are truly vulnerable and transparent, that is when we are truly loved and accepted. What is the connection between vulnerability, and being truly loved and accepted?
11. Read Hebrews 4:14-16. What jumps out to you from this passage? How does it make you feel knowing that Jesus empathized with each and every one of our struggles?

# Journey CHURCH

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12. Read Psalm 103:8-12, Romans 8:1, 1 John 1:9 and Hebrews 4:16. How do these verses bring you hope? How do these verses calm your fears that you will be rejected if you are truly transparent and vulnerable with God?
13. Jefferson said that we should be the most authentic people in the world because we don't have to find acceptance, we have already been accepted by God. How does this resonate with you? How does it change your perspective on the way you interact with others and with God?
14. Kyle said authenticity started by taking off the mask. What masks do you find yourself hiding behind? What does it look like for you to start taking off masks in your life and come to the end of yourself?
15. What is one thing you can do this week to start being more authentic with others and with God? How can this group help?