



Our Talk It Over is designed to prompt insights and dialogue based on the life experience of each participant. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel. Choose just one or a few of the questions to consider this week. It's also a great tool for individual reflection.

WEEK 4: Discover the Real You

WARM UP

What's one thing your family or friends would say is "so you"?

DISCUSS

1. We all have different versions of ourselves—at work, with family, with friends, online, etc. Where do you feel most like your "real" self?
2. Jesus says, "Deny yourself, take up your cross, and follow me." What do you think makes that difficult to hear or understand?
3. What are some things we can mistakenly believe we need in order to be happy, successful, or valuable?
4. What expectations have shaped the way you see yourself? Are any of them worth questioning?
5. What might change if you believed you didn't have to prove your worth to God or to other people? How could that affect the way you make decisions or relate to others?
6. Where might following Jesus require you to let go of something in order to become more fully yourself?



APPLY

Practice remembering who you are. Each morning this week, before you get caught up in everything you need to do or prove, remind yourself: "I am a child of God. I am loved. I am accepted. Nothing I do today can make God love me more or less."

When you catch yourself looking for approval, comparing yourself to someone else, or feeling like you need to prove your worth, pause and come back to that truth. Your circumstances may change. Your performance may change. Your identity as someone loved and accepted by God does not.

PRAY

Jesus, we spend so much of our lives trying to become the person we think we're supposed to be. Help us let go of the things that keep us from knowing who you created us to be. Give us the courage to follow you, even when it means letting go. And help us not just hear what you teach, but let it change us. Amen.