



## Week Two

### Opening Praying

God, thank you for love. Help us to be aware of your loving presence. Help us to hear what you have for us today. Amen.

### Talk It Over

This week's talk looked at big ideas of being authentic, feeling exposed, and finding freedom.

- What do you think of when you hear "be authentic"?
- What do you think of when you hear "I was exposed"?
- What do you think of when you hear "I found freedom"?

### Read John 8:1-11 (New American Standard Bible)

As we read the story we see four characters: Jesus, the pharisees, the woman who was caught in adultery, and the bystanders.

- When you think of Jesus, is it easy or hard for you to consider the idea that Jesus doesn't throw stones at you in your brokenness? What makes it easy or hard?
- When you think of Jesus' stance towards the stone throwing pharisees, what does this stir up in you?
- Have you ever experienced someone throwing stones at you? Tell us what that experience was like and what you believe would have been a more helpful response from the stone thrower.
- Think about a time you threw stones at someone. What was your motivation? And looking back now, what do you believe would have been a better response?

*If you haven't done so already, consider apologizing directly to the person you've thrown stones at. Consider taking responsibility and ownership for your actions and communicating what you wish you would have done instead. If you have already apologized, tell us about that process and experience.*

This week's talk drew a distinct line between us choosing to be authentic or real and us being exposed and truly vulnerable.

- Share about a time you intentionally chose to be vulnerable or authentic even though it didn't make you look good or it was hard.
- If you are comfortable, tell us about a time you were exposed.

### Read 1 John 1:9 James 5:16 (The Message)

God invites us to get honest and open about ourselves with him and with the right people. When we allow ourselves to be seen at our worst with God and with safe, loving, healthy people, we open ourselves up to healing. *(Continue on the next page.)*

- How do you feel you are doing at being honest with God? Why do you think is it easy or hard for you to get be open with God?
- Do you have people in your life you can get honest with? Tell us about the people you are honest with or what you feel your relationships are lacking.
- How are you doing at being the type of person others can be honest with? In other words, are you a safe, loving, healthy person for others? In what ways can you grow in this specific area?

**Read Psalm 51:16-17 (New Living Translation)**

God isn't looking for us to present our best self to him, but rather he is looking to meet us in our brokenness and to help us find healing, freedom, and wholeness.

- In what ways have you grown to experience God's healing and freedom in your life?
- Is there an area or areas of your life you'd like to experience more healing and freedom? Tell us what that area of life looks like now and what you feel God is inviting you into.
- Based on this week's message and today's discussion, what do you feel your next right step is? What is God inviting you into ?

**Closing Prayer**

God, thank you for always inviting us into better ways of living. Help us to say 'yes' to your healing love. Amen.