

THE TRUTH ABOUT YOU

Part 3 – Our Shadow Side

Forrest Jenan – March 4, 2018

HANG OUT (warming up to the topic)

1. Check in to see how everyone's week was.
2. Did you listen to the teaching? What was most challenging? What was most encouraging?

HEAR (listening to God through Scripture)

3. Have you enjoyed this series? What has been the most interesting thing you have learned about yourself during this series? Why do you think it is important to talk through the truth about you?
4. Forrest went through 4 "categories" of sin that we need to uncover in our lives: Obvious Sin, Deliberate Sin, Unconscious Sin, and Trust Structure. How do you see these 4 sins playing out in our lives? Forrest mentioned that the Pharisees were all about making sure Obvious and Deliberate Sin were not present in their lives ... yet Jesus called them *white-washed tombs*. Why does he do that? What can we learn from that?
5. **Read Ephesians 4:17-24;** notice what Paul says about the "way of life" we learned from Jesus and how it taught us to "put off our old self." How would you define your "old self" vs. your "new self?"

HUDDLE (making it personal and praying together)

7. Paul writes of our "old self, which is being corrupted by its deceitful desires." How does this view of our desires square with our culture's message to "be true to yourself," and "follow your heart?"
8. What's an example of the desires of your "old self" vs the desires of your "new self"? How can this group best support you as you try to live into your new self?
9. End in prayer.