

How to Live through a Bad Day  
It's Okay to Be Human  
March 21, 2021

**Hebrews 12:2-3** Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever. And now he's there, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. That will shoot adrenaline into your souls!

**John 19:28** Jesus knew that his mission was now finished, and to fulfill Scripture he said, "I am thirsty."

**Lesson #5** Be \_\_\_\_\_ enough to acknowledge your need.

**Genesis 3:10** He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked."

**Roadblocks to being Authentic:**

1. Fear of being \_\_\_\_\_

**Psalms 32:3-4 (MSG)** When I kept it all inside, my bones turned to powder, my words became daylong groans. The pressure never let up; all the juices of my life dried up.

2. Fear of being \_\_\_\_\_

**John 12:43** For they loved **human praise** more than the praise of God.

**Psalms 139:14** Thank you for making me so wonderfully complex! Your workmanship is marvelous—**how well I know it.**

3. Fear of being \_\_\_\_\_

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**2 Corinthians 4:2** We reject all shameful deeds and underhanded methods. We don't try to trick anyone or distort the word of God. We tell the truth before God, **and all who are honest know this.**

**1 John 1:7** But if we are **living in the light**, as God is in the light, **then we have fellowship with each other**, and the blood of Jesus, his Son, cleanses us from all sin.

### Keys to Being Transparent:

1. Find a \_\_\_\_\_

**Ephesians 2:20-21 Together**, we are his house, built on the foundation of the apostles and the prophets. And the cornerstone is Christ Jesus himself. **We are carefully joined together in him**, becoming a holy temple for the Lord.

2. Commit to \_\_\_\_\_

**Ephesians 4:16** He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the **whole body is healthy and growing and full of love.**

3. Join the \_\_\_\_\_

**Ephesians 2:19-22 (MSG)** That's plain enough, isn't it? **You're no longer wandering exiles.** This kingdom of faith is now your home country. You're no longer strangers or outsiders. **You belong here**, with as much right to the name Christian as anyone. **God is building a home. He's using us all—irrespective of how we got here—in what he is building.** He used the apostles and prophets for the foundation. Now he's using you, fitting you in brick by brick, stone by stone, with Christ Jesus as the cornerstone that holds all the parts together. We see it taking shape day after day—a holy temple built by God, all of us built into it, a temple in which God is quite at home.

**Walk Away:** I am at my \_\_\_\_\_ when I am \_\_\_\_\_ with others.

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