

CONFORMED

THE GIFT OF HOLY HABITS

Table Discussion Guide

Week 3 - The gift of Self-Awareness and Examination

Main Point: A step in the direction of a radical spiritual life

Scripture Focus: Acts 2:42-47

Discussion Opener

Last week our practice was to set a time to read scripture and meditate on it. Were you able to create space for this? If not, what was your greatest challenge?

Discussion Questions

1. Read Acts 2:42-47 out loud. List out the things that the early church was dedicated to. How could we apply these to church today? What areas need work?
2. Self-awareness is the ability to see yourself clearly and objectively, but we will never see ourselves clearly and objectively without the help of others. Why is it difficult to receive honest feedback from other people? What environment would make this easier?
3. We learned 4 ways to practice self-awareness: Tell the TRUTH (about yourself), Pay ATTENTION to it (persist), Be SOBER about it (remember Peter's problem), and Make it a HABIT ("examine" means regularly). Which of these are most challenging for you? How would your life be different if you chose to apply these?

Practice/Discipline For the Week: Self-Awareness/Community. This week, try to take steps towards being more self-aware. This will help you tremendously in your faith journey. Be curious about who you are - why are you the way you are? Let your walls down. Find someone you trust and ask them honestly "How do you see me?"