

## **MISCONCEPTIONS:**

# DISCERNING COMMONLY ACCEPTED MYTHS

Many catchy phrases and advice shared with us lack a biblical foundation and should be critically evaluated by believers.

**WEEK FOUR** 

#### MISCONCEPTION #4: BE THE BEST VERSION OF YOURSELF

**OPEN** What makes someone a good person? Briefly share your answer.

**READ** EPHESIANS 2:8-9; COLOSSIANS 3:1-5

**8** For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— **9** not by works, so that no one can boast

#### **EPHESIANS 2:8-9**

1 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 For you died, and your life is now hidden with Christ in God. 4 When Christ, who is your life, appears, then you also will appear with him in glory. 5 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

#### **COLOSSIANS 3:1-5**

#### **DISCUSS**

- Why does Ephesians 2:9 say that salvation is not by works?
- Colossians 3:1 tells us we've been "raised with Christ." What does this imply about our spiritual state?

**WATCH** Be The Best Version of Yourself Video

NOTES				

#### **DISCUSS**

- 1. Why is defining what makes someone a "good person" difficult?
- 2. How does the statement "we are not good enough to save ourselves" (Ephesians 2:8-9) challenge the idea of being the "best version of ourselves"?
- 3. Why is the phrase "be the best version of yourself" problematic from a Christian perspective?
- 4. Share a personal experience where you tried to "be the best version of yourself" through your efforts. What challenges did you face?
- 5. How does sanctification (becoming more Christ-like) differ from self-improvement? (Romans 7:15-25, John 3:30)
- 6. Why shouldn't we settle for trying to be the "best version of ourselves" when we have Jesus as our example? (Colossians 3:1-5)
- 7. How can relying on the Holy Spirit be more effective than trying to be the "best version of ourselves"? What are some practical things we can do to live by the Spirit?

8. How can we hold each other accountable for living by the Spirit and relying on God's grace rather than self-reliance (or self-help)?

### **MEMORIZE**

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— 9 not by works, so that no one can boast

#### **EPHESIANS 2:8-9**

#### **PRAY**

• Before dismissing, take time to pray for one another.