

Soul Care

LASTING TRANSFORMATION & FREEDOM

Making Our Own Blind Spots

Rationalization - Finding reasons for doing things that we know are wrong.

Rationalization is a powerful force keeping us from discovering the life we were created to live and pursuing the way of Jesus.

Living in Light — 1 John 1:5-9

God is light; goodness, beauty, truth, and healing. When we live in the light, it allows us to have a stronger relationship with God and with each other.

Confession breaks the power of secrecy and lies, bringing us into the light. It allows people to know who we really are.

Repentance is actively turn away from sin, and it is always accomplished in partnership with God.

Staying in the Light

Become a **COMMUNITY** that makes it easy for people to live in the light.

- **Speak positively** about others, **accepting** them as they are
- Remind them that there is no condemnation in Christ

Become a **INDIVIDUAL** that is sensitive to the Spirit's conviction.

- Identify safe people in your life, and give them permission to **challenge** you and help identify your blind spots
- Ask if you can make **confession** a regular part of your interaction, and work to overcome sin together

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DISCUSSION QUESTIONS

Appetizer

1. Review Sunday's message. What stood out to you? What challenged you? Are there any lingering questions?
2. Have you ever looked at a person or situation and wondered how they could so obviously deceive themselves?

Entree

1. Read **1 John 1:5-9**
 - a. Does the concept of God being light frighten or comfort you?
 - b. How does living with secrets work against our relationships with God and each other?
2. What scares you the most about the practice of confessing to another person?
3. Have someone read **Psalms 139:1-12, 23-24**. Take 5-10 minutes to ask the Holy Spirit to bring light into the dark places of your life.

Dessert

Break into groups of 3-5 and discuss the following questions with each other.

1. If you're honest, what has rationalization looked like in your life?
2. In what ways could you become a safer person for those around you?
3. How can you encourage each other towards confession and repentance?

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