Message Notes:		
	Live an Honest and Open Life	October 5, 2
	1 John 1:5 God is light; in him there	is no darkness at all.
	We 1 John 1:6	
	- Our is in the Galatians 1:10	e wrong place.
	• Our is in Galatians 6:3	the wrong place.
	• We need	
For more information visit our website at: seabreezechurch.com 18162 Gothard St. Huntington Beach, CA 92648 (714) 841-7622	We need	

Seabreeze CCLI#105966
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New International Version of the Bible by permission of Zondervan Publishers.

Growth Group Homework	5. Has there been a time in the past when you had been struggling
story about carrying a beauty coffee table alone	and you chose to hide it? What happened?

1. Lance told a story about carrying a heavy coffee table alone. When was a time you should have asked for help with a task but chose not to?

Warm Up

Talk it Over

or helpful?

6. It's important to use discernment and discretion when being honest and open. Read the following verses and write down what each verse says about the wise person's speech.

Proverbs 5:1-2

Proverbs 12:23

Ephesians 4:25

3. Without light, we don't know the truth about reality. Read 1 John 1:5-7. What do we learn about God and how we are to live?

2. What in the message did you find interesting, challenging

4. Instead of living in the light, we tend to hide by...
allowing others to think something is true about us that isn't,
making ourselves look better than we are,
not asking for help when we need it,
keeping our sin to ourselves, or
keeping questions and doubts hidden.
What are some examples of hiding that you'd add to this list?

7. What are some wise considerations as you evaluate what to share and who to share with when you have a struggle or need help?

8. Describe a time you risked being honest and open that had a positive outcome.

 Which of these can you relate to? What are some of the motivations or justifications?

Take it Home

9. What can you do this week to apply Heart Attitude #2?