

LIFE GROUP CURRICULUM - WEEK 1

At times, we all are tempted to wear a mask or pretend we are something we are not. Part of taking your life back is about learning to be consistently authentic.

TO GET THE DISCUSSION STARTED, DISCUSS AS A GROUP WHICH FACEBOOK PERSONA ANNOYS YOU THE MOST.

16 TYPES OF PEOPLE ON FACEBOOK

1. The “Lurker” – Never posts anything or comments on your post, but reads everything.
2. The “Hyena” – Doesn’t ever really say anything, just LOLs at everything.
3. “Mr./Ms. Popular” – Has 4,367 friends for no reason.
4. The “Gamer” – Plays Words with Friends, Mafia Wars, bakes virtual cakes and stuff, etc., ALL DAY!
5. The “Prophet” – Every post makes reference to God.
6. The “Thief” – Steals status updates and will probably steal this one.
7. The “Cynic” – Hates life and everything in it as evidenced by the somber tone in all their status updates.
8. The “Collector” – Never posts anything, either, but joins every group and becomes fans of the most random stuff.
9. The “Promoter” – Always sends event invitations to things that you ultimately delete or ignore.
10. The “Liker” – Never actually says anything, but always clicks the “like” button.
11. The “Hater” – Every post revolves around someone hating them, and they swear people are trying to ruin their life.
12. The “Anti-Proofreader” – This person would benefit greatly from spellcheck and sometimes you feel badly for them because you don’t know if they were typing fast, or if they really can’t spell.
13. “Drama Queen/King” – This person always posts stuff like “I can’t believe this!” or “They’re going to make me snap today!” in hopes that you will ask what happened or what’s wrong ... but then they never finish telling the story.
14. “Womp Womp” – This person consistently tries to be funny but never is.
15. The “News” – Always updates you on what they are doing and who they are doing it with, no matter how arbitrary.
16. The “Rooster” – Feels that it is their job to tell Facebook “Good Morning” every day.

NOW LET’S LOOK AT SCRIPTURE.

TAKE YOUR LIFE BACK

WEEK 1
LOSING
YOURSELF





SCRIPTURE | OBSERVATION | APPLICATION | PRAYER

Have someone read the passage or go around the circle and have everyone read a verse out loud. Then take some time to write down observations and applications. Next, discuss these as a group.

Romans 5:1-8



SCRIPTURE

5 ¹ Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, ² through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. ³ Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

⁶ You see, at just the right time, when we were still powerless, Christ died for the ungodly. ⁷ Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. ⁸ But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

NOTES



OBSERVATION



APPLICATION

TAKE YOUR LIFE BACK



PLAY SESSION 1 OF THE STUDY

DISCUSS AS A GROUP

1. Discuss the question Steve asked, “How do you think personal change really happens?”
2. What payoff do you think people get from wearing masks or presenting a false self?
3. What costs are there in wearing masks or presenting a false self?
4. As you consider what areas of your life you might want to take back, the list below may offer some clues. (Read the list aloud.)
 - I worry about being seen as selfish or controlling.
 - I worry about whether I am liked by others.
 - I seek to keep the peace, even at my own expense.
 - I monitor the moods of others.
 - I can be too trusting of others.
 - I make excuses for the behavior of other people.
 - I sacrifice readily for others, but not for myself.
5. As you hear the list above, which of these rings true for you, and why do you think that is?
6. When is the first time you can remember experiencing rejection in your life, and how did you deal with it?
7. Why is it so difficult to take your life back when things are spinning out of control?
8. How do you build a godly character?
9. How does building godly character lead to a greater understanding of what God’s will is for your life?

END IN PRAYER

TAKE YOUR LIFE BACK

