



## Introduction

We're continuing in a series called *Reset*. We all have different thoughts and feelings about being out in public again, going back to school, work, or not. As we're adjusting to the world beginning to reopen and regather we may be asking questions like, "What's going to change? What should stay the same? What have we learned during our time apart?" In this series, we're going to be looking at some wisdom from God that can help us, and aim toward a healthy reset. In this second lesson, we learn how we can see ourselves more accurately and work together to build each other up.

To watch this week's sermon before your group discussion, go to [www.journeyoffaith.com/messages](http://www.journeyoffaith.com/messages)

## Share Your Story

1. Why do you seek and embrace community?

## Hear God's Story

2. Read Romans 12:3. Paul was writing to a church who was regathering after a long time apart. Here, he reminds us of the need to make humble and honest self-reflection a priority in our lives, which goes against our tendency to lean toward arrogance.
  - a. How would you put this verse into your own words?
  - b. How does growing closer to God help us see ourselves more accurately?
  - c. Why is this verse important for continued spiritual growth?
3. Read Romans 12:4-8. Directly contrasting our tendency toward individualism, Paul reminds us here that we belong to each other as "one body."
  - a. How does living out our "gifts" relate to verse 3 that we just talked about?
  - b. Which one of the examples given here do you most resonate with?
  - c. How does all that we've talked about impact how you view yourself?
  - d. What does all of this tell us about God?
4. Read the following verses, then answer: What am I most challenged by here at the heart level? *Ephesians 4:2; Philippians 2:3; Colossians 3:12; John 3:30; Micah 6:8*

## Create a New Story

5. This week, spend a few moments praying for God's help and compassion, then set aside 30 minutes for self-reflection. When's a time you can set aside to do this?

6. Surprise someone with support and goodness this week. What are some ways this could actually look like? (To encourage the other members in the group, be prepared to share a story about this when you meet together next.)

### **Further Studies: The Two Sides of Biblical Self-Reflection**

Bringing God's voice into an honest self-reflection can often bring some discomfort.

As we lay ourselves bare at the feet of Jesus we can find that our fantasies about ourselves are wrong. We can see areas of pride and arrogance, and reflect on past experiences where we didn't model God's heart as best as we could have. This honest self-reflection that Paul spoke on (Rom. 12:3) is sometimes difficult to accept at the heart level, especially because it's so easy to fall into the trap of thinking we're better than we actually are. Despite our arrogance that may say otherwise, the Bible tells us that we're all equally flawed, together (Rom. 3:23).

However, bringing God's voice into an honest self-reflection also includes seeing ourselves as He sees us, and letting His voice shape us more than our inner voices of shame, regret, fear, or insecurity. We know that though He sees those things we still need to work on, He loves us simply through His mercy and not because we've somehow become "good enough" through our own effort (Eph. 2:8-9; Titus 3:5). God sees us better than we see ourselves, and He still says we're "wonderfully made" (Ps. 139:14), made in His very image (Gen. 1:26), and called His children (1 Jn. 3:1).

Honest self-reflection has two sides: To see ourselves honestly with all of our imperfections, and letting God's voice of how we're still loved by Him shape us from the inside out. When we do that, living in community in a way that honors God becomes a natural byproduct - an outward expression of what we're allowing to shape us at the heart level. It starts at the heart, and then it's lived out among us.

### **Discuss**

1. Which side do you find hardest to internalize honestly at the heart level?
2. What perception of yourself needs to be recalibrated so you can better see yourself as God sees you?
3. How does seeing ourselves honestly in this way impact our interactions in community?

### **For Parents: Repackaging for Youth**

4. For those who have young children at home, what are some ways you could teach this lesson to them that takes into account their age and learning level?

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