



“ME, MY (TRUE) SELF, AND GOD”

Lesson 1: Beneath the Surface

CONNECT:

Take a moment and introduce yourself to your group and share something interesting about you. Now, present a character sketch of yourself. Include items such as: likes, dislikes, favorite foods, favorite vacation spots, hobbies, etc.

LEARN :

We find the character sketch of Jesus in Galatians 5:22-23 NLT — *“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!”*

If this is a true marker of what a true, mature, holistic disciple looks like, in what areas do you feel like you are doing well? In what areas do you have difficulty with?

LEARN:

After watching the video content for week 1, discuss your observations of the story of Madeline.

LEARN:

In this week’s message, Pastor Trey used an example of an Iceberg — What you see on top, at the surface, is the part that is cleaned up and presentable to others. This is where most of us live. Unfortunately, that’s only 10% of it. There is an additional 90% that is below surface.

What would you say are common “Beneath the surface” issues that negatively impact our pursuit of being like Christ? Why is it sometimes a challenge to look below the surface of the person we truly see in the mirror looking back at us?

APPLY:

In Sunday’s message, Pastor Trey made a statement that says, “An authentic relationship with Jesus takes us into the depths, the shadows, the strongholds, and the darkness that is deep with our souls that must be purged. There are 2 steps that were given to look beneath the surface and pursue a life of a mature disciple:

1. You have to be aware of what you are feeling.
2. Sit with the Holy Spirit and ask why.

Take time this week and begin looking beneath the surface in your life. Pursue the life of a mature disciple by taking time to process each step

LIFE — IS
BETTER
TOGETHER