

#NOFILTER

Stop Pretending & Start Living

#NOFILTER | 12.28-29.2019

Grow Deep Conversation Questions: Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90 minute group gathering.

Message Recap: The gifts are unwrapped, the bills are racking up and all the while you still don't feel like you are measuring up. In a highlight reel culture it can be easy to live life with a filter over what's real, what's honest and what's necessary in our lives. Let's have a conversation about how Jesus can change all that and learn to live with #nofilter.

» Opening (2-3 minutes)

- Introductions - this is especially important if this is your first meeting and/or if there are new members in your group
- Housekeeping - clarify expectations:
 - **Announcements:** These are in your Community News email. **Please read and communicate! Encourage participation!**
 - Remind your group that this is a confidential meeting.
 - **Remember there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - open your time together in prayer

» Introduction (12 minutes)

- Ice-Breaker: If you are an Instagram user, what is your favorite filter? Why do you think that is?
- Digging Deeper: Who do you follow on Social Media that makes you feel like you need to live with a filter?

» Observation | Read Hebrews 4:14-16 (15 minutes)

- What are your initial reactions to this passage? What do you find challenging? Are you encouraged by any of these verses? Why?

» Key Principle | It takes work to live with #nofilter. (15 minutes)

- Why do you think we are drawn into the comparison trap when looking at other's published lives? How does this affect you?
- What are some of the filters we place over our lives in order to appear a certain way to those around us?
- Where are the places in your life that you filter out, making sure that no one ever gets a chance to see them?

» FILTERED | (15 minutes)

- What happens when a picture has been edited and a filter has been placed over it? What does this look like when it happens in our lives?
- What is the danger in living a filtered life all of the time?
- Why are people afraid to show what life really looks like?

» #NOFILTER | Reread Hebrews 4:14-16 (15 minutes)

- How do the words in this passage in Hebrews connect to living an unfiltered life?
- What would it look like to live life without a filter? What could the benefits be?
- How can we use our real life stories to show those around us how, even in the middle of a difficult circumstance, Jesus still Makes Life Better?

» Next Steps and Prayer | (15minutes)

- What are some practical ways that you could let God and other people around you into the whole of your life not just parts of it.
- Close by praying for one another to take a next step toward living their life with no filter, letting Jesus and others into their real lives.