

BIG IDEA

To have emotionally healthy relationships, understand and own your thoughts and feelings so you can live your true self.

SCRIPTURE

Luke 4:14-30; Jeremiah 17:1, 9-11

ICEBREAKER AND OPENING THOUGHT

1. What is one thing about you that most people don't know?
2. If we are to have emotionally healthy relationships, we must learn to live our true selves. Your true self is to be the person God created you to be. What is your initial response to the phrase "live your true self?"

BIBLE DISCUSSION

3. Read Luke 4:14-30. What do you notice in these passages?
4. Jesus had a strong sense of vocation or calling. Where do you see that in this passage? How does Jesus' strong sense of calling impact the people around him?
5. Living your true self isn't about "just listening to your heart." Read Jeremiah 17:1, 9-11. How would you summarize those passages? How have you seen this reality in your life?
6. Our true self is made up of what we know, speak, and how we act. We have a true self that is found in our identity and purpose in Jesus. To be your true self is to become the person God has created you to be. What do you think about this idea of living your true self?

LIFE APPLICATION

7. Henri Nouwen said, "We have to live our life, not someone else's. We have to hold our own cup... Many people can help me live my life, but after all is said and done, I have to make my own choices about how to live." On a scale of 1-10, how well do you think you live your true self? Explain.
8. In what ways can you interact with others that might help them become more of their true self?
9. What steps can you take this week to live your true self and helping those around you do the same?

CHALLENGE

God gave each of us a unique life. Let's not spend our days living the life we think others expect of us. Instead, let's know, speak, and act the true self God made us to be. When that happens, our most important relationships will thrive