

Becoming Like Jesus | Week 2 - Jesus Loved Well

Message Big Idea

To be deeply formed into the image of Christ, we must understand our own emotions so we can learn to love well

Scripture

Matthew 7:3-5, Psalm 139:1-22

Icebreaker & Opening Thought

1. What's a movie that you never get tired of watching?
2. According to the Harvard Business Review, in a nearly five-year research program on the subject of self-awareness, researchers discovered that though 95% of people think they're self-aware, only 10 to 15% actually are. Why do you think this gap exists between perception and reality?

Bible Discussion

3. Read Matthew 7:3-5. What do you notice in this passage? We tend to judge others by their actions, and we evaluate our actions by our intentions. Is that fair? Why or why not?
4. Read Psalm 139:1-12, 23-24. How does the Psalmist express that God is aware of him and that God is safe?
5. The last two verses ask for God to examine the psalmist. Old Testament scholar James L Mays makes this statement about those last lines, "The psalmist wants God to be his judge so that God may be his shepherd. Such is his experience of God and confidence in God that he does not fear a judgment that leads to punishment but prays for a searching and testing that leads to pastoral care." How can searching and testing lead to care from God and others?

Life Application & Challenge

6. One way we can grow in self-awareness is to check in with ourselves every day. What do you think about this simple strategy?
 - a. What made you mad?
 - b. What made you sad?
 - c. What made you anxious?
 - d. What made you glad?
7. Our 21 Days of Prayer and Fasting starts January 10, 2022. This is a time when we can pray, "Show me, me." How will you plan to participate? For help, visit communitychristian.info