



## Part 2 | Keepin' It Real

### Discussion Questions

1. What were the messages you received growing up in your family of origin? Were you affirmed or condemned?
2. Why are we so conditioned to pretend about who we really are? Is there an experience you can share with the group?
3. **Read Matthew 23:23-28.**  
If you read the Gospels, Jesus' harshest words were reserved not for the blatant "sinners" of his day, but for the religious leaders who were inauthentic. Why do you think authenticity is so important to God?
4. **Read Ephesians 3:14-19.**  
God places us into a family of grace to help us discover what is our true identity. How can this new family help us discover the truth about how much God loves us?
5. **Read 1 John 1:8-9.**  
Why is it so difficult for us to admit our sins and shortcomings to God? Why is practicing regular, immediate confession such a critical step on the path to transformation?
6. **Read James 5:16.**  
The recovery movement understood the power of taking a fearless moral inventory and fully telling all to at least one other person. What fears do you have in doing something like this? Why do you think Scripture says it's so important?

### Moving Forward

1. When we feel safe and affirmed we seem to be able to lose the need to pretend. What could you do as a group (or church) to become more authentic with one another?
2. How can you take the risk of creating a culture of authenticity where people can be honest with each other about their struggles, doubts, and fears?
3. Who is someone to whom you need to extend grace? What would that look like for you?
4. If you were to confide in someone, in whom would that be?