

THE JOURNEY IS THE DESTINATION

- GROUP GUIDE -

Chapter 9: Pursue Authenticity

1. Personality - everybody's got one. In one or two words describe your personality.

"[...] the root word behind the word "personality" is the Latin word *persona*, which was commonly used by actors in the ancient theater to describe the masks behind which they hid. Thus, your personality may be a mask that you hide behind to find a safe place to express yourself." (p. 134)

2. We were all dropped into a very specific setting when we were born. Based on where (and how) you grew up, how do you think your personality adapted to cope with your environment?
3. Words can build up or tear down. Can you think of something positive someone has said to you that really stuck with you? (I.e. I believe in you / you are smart, beautiful, capable, talented / you can do it / etc.)

This chapter talks about the fact that every pain leaves a wound and every wound leaves a message. The enemy is the master of building distorted messages. We ALL have some stuff that bounces around our minds that are negative, questioning, hurtful, and defeating.

"The enemy looks for opportunities to grab ahold of your heart. Every time you experience pain, the enemy waits in the wings to whisper something to you, hoping that amidst the pain of the moment you won't notice." (p. 138)

4. Think for a second. What message do you feel the enemy has whispered to you to discourage you from becoming your best, truest, authentic self? (I.e. you are weird, ugly, dumb. You will never... they don't love you... you don't fit here... you'll never be enough. Why try?)

The enemy knows that words and messages can rip us apart. God does too. In the Bible there are over 7,000 promises God makes to people. Do you think that's accidental? No way! He knows we need to be reminded.

5. Can you think of a couple promises that God made that are meaningful to you? Why those? (I.e. I will never abandon you / I love you / I will strengthen and help you / I have a plan for your life / I will never fail / God is faithful / God will give you strength) - if all else fails, Google is your friend.
6. You've been alive for a minute or two now. You've learned and experienced some pretty important things. If someone just beginning their faith journey came to talk to you - what advice would you give them about identifying their hurt or wounds and how to get past them? Your answer doesn't have to be mind-boggling or complete. Just start with what you've got.

TAKE IT WITH YOU

If you are serious about finding some freedom, here is an idea. List areas of pain you've experienced, then find a specific truth in the Bible to combat it. For instance, if you have experienced unfaithfulness in your life, find promises from God to you about His faithfulness. Google verses about God's faithfulness. You can do that! If you feel alone, find truth about the fact that God is close to you. Get it? Good - go get it! Own the truth - rumor has it that it can set you free.

