

Weekly Discussion Guide – 8-31-2025

“Authenticity”

Text: John 10:10,17-18, Ephesians 4:17-27, 1 John 1:5-7

1. What's one small thing you've learned to be more honest about in your daily life—maybe with friends, family, or yourself?
2. Read John 10:10,17-18 and 1 John 1:5-7. What is the relationship between living “in the light” and living truthfully/authentically?
3. What does this look like in your inner life to live in the light? What does this look like in your outer life?
4. In John 10:10, how does authenticity connect with Jesus' promise of abundant life? How have you experienced grace in the moments when you were most honest with God or others?
5. Share a time when you have seen honesty (instead of pretending) shift the tone in a family, workplace, or church setting? What fears keep you from being more authentic in these settings?
6. Read Ephesians 4:17-27. How do we practically “put off” the old false self and “put on” the new self?
7. Pete Scazzero says: “Ignoring our emotions is turning our back on reality.” What emotion do you tend to ignore or suppress most? How might naming it open a door for God's work in you?
8. This week, try this breath prayer: “Here I am.” Pray it at least once a day, slowly and repeatedly for a minute or two as you breathe without editing yourself. Bring whatever you're feeling into God's presence. Share about the experience with your Grow Group.
9. End with prayer, asking God to help the members of your group walk in truth and grace. Close by reading Psalm 139:23–24 together aloud.