



Authenticity
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Acts 2:42-47

Continuation of notes....

1. **Authenticity is** _____. (*James 5:16; Acts 13:22*)

2. **Authenticity is** _____. (*Romans 3:23; Isaiah 53:3*)

3. **Authenticity is** _____. (*Romans 12:9-13*)

Talk it Over: “Authenticity”

Big Idea:

As you scroll through your day, do you find yourself filtering your social media post and your life to get more likes? We're pressured to measure up to other people's status updates and left with more #struggles. This bleeds into our everyday lives as well. If we want people. To love who we really are... we've got to work at getting real! Today we learn how through courageous faith, we can remove the veil.

Discussion Questions:

- Do you see any area of your life where you are starting to fear or avoid unfiltered communication?
- What veil do you wear the most around others?
- If it's true, "We're only as sick as our secrets." Is there someone in your life that knows everything about you?
- What does Christ need to do in you to keep you from living a filter free life?
- What's something about you that you'd never reveal to your wider group of "friends" on your social media page?
- What veil are you wearing? What are some situations where you find yourself showing "the me I want you to see"?
- Who are the people who get to see the real you? What was essential in forging that unfiltered relationship?

Prayer Focus This Week:

God, thanks for coming into this world to remove our sin, shame, guilt, and condemnation. Thanks for the freedom I have in You to rest secure in who you've created me to be. Today I choose not to try impressing those around me. Today I choose to be authentic and real... even when it'd be easier for me to be fake! Thanks for accepting me just as I am. Help me to love those I encounter today in that same you love me! In Jesus Name, Amen.

Next Steps:

- What can our group do to be open, real, and authentic with each other? What would it take for us to really remove all filters between us?
- What are my secret regrets and temptations? Is there someone I could talk with about them?
- What step can you take to challenge yourself to be authentic this week?
- Spend some time reflecting on your regrets and temptations. Schedule some unhurried time to meet with the person you trust the most deeply. Share with them – at a level appropriate to how well you know and trust them – the condition of your heart and soul.
- Laugh at yourself at least once today & give yourself some grace!

Additional Resources:

- Brené Brown's TED Talk ["The Power of Vulnerability"](#)
- Author Brené Brown: **Daring Greatly**: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead