



# THIS IS US

## Practice the Authentic You

#npthisisus

# Week 6

## 6 of 7

March 21, 2021

**Bottom Line:** God will never give you His favor to be anyone other than yourself!

**Icebreaker:** Share two words about yourself that make you feel happy, and one word that you don't like about yourself.

**Key Verse:** *Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.* Philippians 2:12-13 NIV

Now that we understand our human dilemma, how do we put into practice the things that will help us let go of our false adapted selves and become the authentic person God created? If you want God's blessing on your life, stop living for the approval of other people and start being who God made you to be. He shaped you and gifted you in a unique way, and we're all missing out if you're determined to be anyone but yourself. God wants you to start believing today that you are rare, one-of-a-kind, valuable, and precious. Here are some suggestions to help you: **1) Remind yourself of who you are.** Your mind is the greatest asset you've been given by God. You may not be able to control your life, but you can control your thoughts, and your thoughts have the power to shape the kind of life you'll live. Part of spiritual growth is learning to know the difference between thoughts that are true and those that are not. One of the most important disciplines you can build in life is to challenge your own thoughts. Say to yourself, "I know what I'm thinking, but is that really true?" **2) Refuse to compare yourself.** Comparing is our favorite indoor sport. We compare everything. We compare our size, our shape, our color, how we talk, our intelligence. We compare our families, our kids, our jobs, our talents, and even our lawns. Every time you compare, you're going to fall guilty to either pride or envy. Don't do it. You are one of a kind. **3) Recognize your potential instead of your limitations.** God will never ask you to dedicate your life to a task for which you have no talent. On the other hand, the abilities you do have are a strong indication of God's desire for your life. Most of us spend far more time focused on what we're not good at rather than what we are good at. People with a high level of confidence have just as many weaknesses as those without confidence, but they focus on their strengths instead of their weaknesses. **4) Review criticism.** If you dare to be different, you'll have to expect some criticism. However, you won't be comfortable in your own skin if you go against your own convictions. Learn how to move on. What do you need to leave behind to become your real self? What do you need to leave behind in order to reclaim the authentic masterpiece God created?

## THINK IT OVER >>>

What was the most significant part of Sunday's message to you?

We have to release our adapted self in order for the Holy Spirit to do His work in transforming us. Too many people think spiritual growth is an "experience," not a process that is something God does, not requiring much from us. Discuss.

Nothing is more discouraging than trying to be something you're not. Discuss.

In a strange way, low self-worth often leads us to become unteachable, self-centered, and arrogant. How do you speak reliable, good thoughts to yourself?

How do you eliminate negative self-talk? Do you have any personal awareness or experience in how your mind shapes your life?

Comparison destroys contentment and capacity. Explain and discuss.

## LOOK IT OVER <<<

Comparison leads to pride or envy. What else have you seen comparison do?

People tend to focus on their weaknesses rather than their strengths. Why? What advice would you give to someone who is fixated on their weaknesses?

Your gifts are your resource to show the world who God is. What have you been given to share that shows the heart and character of God?

God will never ask you to dedicate yourself to a task for which you have no talent. What's your first reaction to that? What does that say about the responsibility of the church to its workers?

What have you found to be effective for you in dealing with criticism?

How will you peel off the layers of pressure and expectation in your adapted self?

## NEXT STEPS

1. Consider what needs to be peeled away and discarded in your adapted self, so you can become the real you.
2. Begin a habit of starting the day with positive self-talk from the Scriptures, and all day long remind yourself of what God has said.
3. What potential are you neglecting that needs to be your focus? Talk to God about that.

## EVALUTION/ACTION

Realizing and reaching your full potential in Christ

**Bottom Line:** God will never give you His favor to be anyone other than yourself!

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

## PRAYER

List group members and their prayer requests for this week:

## DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at [newpointe.org/daily](http://newpointe.org/daily):

Monday: Psalm 139:13-18

Tuesday: Philippians 2:12-13

Wednesday: Proverbs 23:7

Thursday: Romans 12:6

Friday: Proverbs 29:25

***Don't let the conversation stop here. Keep talking it over with others throughout the week.***

*(Don't forget to bring this paper to your next small group meeting)*