

# BECOMING YOUR *True Self*



Ever feel like no matter what you do or how much you achieve, it's never enough? The feeling of shame is more common than we think. It's not confined to failure or trauma. Discover the path to healing and live with greater joy and lightness of being—to become your true self—which most reflects the beautiful image of God.

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

## **CONVERSATION STARTERS**

- How did God show up in your life this week?
- What are you thankful for?
- What is causing stress in your life right now?

## **REVIEW**

Open your Bibles and read from **Acts 2:1-21**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

## **DISCUSSION QUESTIONS**

- What does this passage say? Repeat it in your own words.
- What does this passage tell you about God?
- What does this passage tell you about people (or myself)?
- How does this passage apply to your life? How can you specifically live out this passage?

## **PRAISE & PRAYER POINTS**

Share what God is doing in your life and spend some time praying for each other's prayer requests.

- How can we help one another in our group?
- Who else (outside of our group) needs our help? How can we help them?
- Who should we pray for today?