

Scripture

Psalm 51:1-17, Psalm 139:13-16, John 8:12-19

Ice Breaker

1. What do you find more challenging: deciding what to eat or deciding what to wear?
2. Do you struggle with making decisions? Why or why not?

Going Deeper

1. What is self-awareness? Why is self-awareness important?
2. On Sunday, Rob said, “thinking about ourselves is not the same as knowing ourselves”. How does self-awareness differ from thinking about yourself?
3. Read John 8:12-19
4. In verse 12, what is Jesus really claiming? How does this connect to the beginning of John’s gospel?
5. In this story, what differences can you see between Jesus’ relationship with the father and the Pharisees’ relationship with the father?
6. In this story, the Pharisees are feeling threatened by Jesus’ claim that he is the light of the world. Why can light be both a threat and a benefit?
7. How is following Jesus like following someone with a light through a dark place for you?
8. How does Jesus demonstrate self-awareness in this story?
9. When you are questioned about something you are passionate about by someone how do you typically respond? Are you defensive? Gracious? Angry? Disturbed? Calm? What do you think you could do to respond better?
10. Read Psalm 51:1-17
11. After David had committed adultery and had the husband killed, the prophet Nathan confronted David about what he did. But when he confronted him, Nathan did not just tell him what he did wrong. Instead, he told David a parable about a rich man and a poor man. David declares that the rich man who did wrong in the story deserved to die, and Nathan said to him, “you are the man.”
 At first, David does not see himself as a wrongdoer but once he is made aware, he writes the psalm we just read. What was David’s response to his sin once he becomes self-aware?

12. What can we learn from David's response as to what our own self-awareness should look like?
13. On Sunday, Rob said, "When you know who you are, you will know what to do." What does this mean and how can we apply it in our daily life?
14. Did you take one of the 22 Questions handout on Sunday? What did you think about it? Have you tried using it to self-reflect? What insights has it helped you gain?
15. Close with reading Psalm 139:12-16 aloud together.