

Open Up to the Truth

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REVIEW LAST WEEK'S NEXT STEPS

What, if any, next step did you commit to last week, how did it go?

- ☐ I will expect opposition, danger, suffering and persecution.
- ☐ I will not give up in the face of opposition.
- ☐ I will not give up when I experience suffering or persecution.
- ☐ I will not take revenge into my hands.
- ☐ I will forgive where I need to forgive and not hold on to resentment.
- ☐ I will guard myself from a bitter, revengeful spirit while working for justice.
- ☐ I will clean up my life in the area God has shown me.
- ☐ I will confess to God and another person to get things right in my life.

THIS WEEK'S SERMON RECAP

In our new series, Blind Spots, we are going to sit and reflect on the uncomfortable truth that in our lives and in our faiths we all have blind spots. The truth about me is that I don't know the full truth about me because I have blind spots. These blind spots affect our relationships with others and our relationship with God, but we don't have to sit in the darkness rather we can uncover and work on those things that we are blind to.

Wise people have always understood this process of revealing and healing. And the Scriptures are full of verses and stories about individuals and communities walking through their blind spots. This week we are uncovering how a mighty King had many blind spots. Despite his power and prestige he needed the help of others to see and grow, helping us to understand our own blind spots.

DISCUSSION QUESTIONS

1. What is a blind spot? How would you define it? What does it mean to have blind spots in our faith?
2. Matt starts the sermon with a quote from Dostoyevsky, “But there are other things which a man is afraid to tell even to himself, and every decent man has a number of such things stored away in his mind.” Why do you think people struggle to be truthful about things? How do these hidden selves impact our sense of identity?
3. Scripture is full of stories of people and their blind spots. One such story is found in King David’s narrative. David was serious about his spiritual formation, in fact he is called a man after God’s own heart. Yet he had blind spots. Are you surprised when characters who are shaped by God have blind spots? What does it teach you about humans? What does it teach you about God?
4. King David was blind to his faults, and we read that his friend Nathan is the one that reveals these truths to him. Why is it important to have a Nathan in our lives? Why is it difficult to listen to the Nathans?

5. David finds it challenging to hear what Nathan is saying. David doesn't think anything is wrong and so as Nathan weaves together this condemnation David thinks it is about someone else. How do our egos play into self deception? How do you work on checking your ego?
6. How does self deception and blind spots keep you separated from God?
7. Read together Proverbs 15:32. How does this challenge you today? What hope do you find in this verse?
8. You can answer this question outloud, or merely reflect on it as a community. What parts of your life do you feel like God is calling you to see today? What does it look like for you to see that blind spot and start healing from it?
9. How does recognising your blind spots and working on your blind spots draw you closer to God?

10. Therapist and psychologist Phil Stutz calls these blind spots our ‘shadow selves.’ The shadow self ‘appears as the sum total of the weakest, most flawed, inferior or even disgusting parts of yourself. It’s everything you don’t wish to be, but fear that you are.” Working to be our fullest selves means working with our blind spots or shadow self. What spiritual practices can help you as you engage with your blind spots or shadow self this week (ie, prayer or repentance, etc)?

NEXT STEPS FOR THIS WEEK (COMMIT TO GROW)

- ☐ I will work to get past the layers that are blocking the truth from being known.
- ☐ I will ask myself the question: Am I quicker to pass judgment on or gossip about other people than I am to see and feel the painful truth about myself?
- ☐ I will ask God to reveal the truth about my character, speech, habits, ego — as much truth as I can bear.
- ☐ When reading the Bible, I will ask God to reveal to me who he wants me to be.
- ☐ Instead of defending, resisting or rationalizing, I will be open to learn the truth about me.
- ☐ I will read the Bible with a repentant spirit.

SCRIPTURE REFERENCES

- 2 Samuel 12:1-7
- Matthew 6:22-23
- James 1:22-24
- Romans 12:3

- Proverbs 15:32

Prayer Request(s)
