

## THAT'S REAL

### PART 4 | BEING AUTHENTIC

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**READ** | John 11:31-35; Exodus 20:4

God values authenticity. There is a lot at stake when it comes to being real.

- Authenticity draws people in. Inauthenticity repels.
- Authenticity increases respect. Inauthenticity diminishes it.
- Authenticity increases influence. Inauthenticity makes your impact small.
- Authenticity reduces stress. Inauthenticity is tiring.
- Authenticity magnifies your joy. Inauthentic people are not happy.
- Authenticity helps others be open and authentic with you. Inauthenticity cuts off authentic relationships.

**REFLECT** | What are some reasons for being inauthentic? Think about someone you know that is authentic. What kind of characteristics come to mind?

#### 6 Steps to Authenticity

1. Accept that you are truly forgiven - Ephesians 1:7; Philippians 3:13
  - a. You cannot live authentically if you are controlled by the guilt and shame from the past. It is impossible to be authentic, to live confidently and boldly, and entertain guilt at the same time.
2. Celebrate who you are.
  - a. Authentic people recognize that everyone is unique.
3. Practice the art of being real - Luke 18:9-14
  - a. It is not perfection that makes you authentic. It is being honest, humble, open, and real.
4. Become more transparent
  - a. Transparency and vulnerability are qualities that show others you are an authentic person. Be real about your shortcomings.
5. Cultivate a genuine care for others.
  - a. The more you care about others, the more authentic you will become.
6. Recognize that you are a work in progress - Romans 3:10
  - a. Authentic people recognize that everyone has faults. But the good news is that we have a Savior working inside of us.

**REFLECT** | How do you need to personally work towards being authentic?

**SUMMARY** | Authenticity is a characteristic that God truly values. We live in a world where there are a lot of fake things. Unfortunately, inauthenticity is even found within the church, but the worst place for it is in ourselves. Being real is something that we can all work towards by forgiving our past, celebrating who we are, practicing being real, being transparent, caring for others, and realizing we are constantly a work in progress.

**PRAYER** | Make time to pray for one another before you dismiss your group.