

Being Real

Being real means being yourself

Share: "you probably shouldn't know this about me, but___"

Being real means being vulnerable

Share one of your secrets– a funny story or fear or something you regret doing

Being real means asking for help

Share a prayer request that has been private up to now

Being real is rewarding

Say to each person "I need your encouragement___"

Being real is risky

Share a time when you were real & open with someone, but they betrayed you

Being real builds relationships

Make up & sing a 4 line song on how being real is what makes a friendship great

Being real is 2 way

Dance with someone in your group for about 20 seconds

Being real & open means listening to each other

Listen for one full minute without saying anything

Real relationships are freeing

Shout "freedom" in as many ways as you can think of

Being real means sharing hopes & dreams

Share a secret dream you have never told anyone

Being real means being comfortable

Lead your group in an actions son (YMCA, hokey pokey etc.)

Being real means showing your real feelings

Dramatically give a speech expressing your feelings for your friends.

Read & Discuss

Read Genesis3:6–8 share: when have you ever tried to hide from God after doing something wrong?

Read Psalm139:1–4 discuss: how does it make you feel to know God knows your thoughts?

Read Psalm 6 discuss: one way you can follow David's example when you sin

Read Acts2:42–47 Complete: If our group were open with each other we would___

Read Acts5:1–10 share: How can a lack of being real lead to a lack of trust in a group

Read Psalm139:23–24 What kind of realness do you want to experience with God?

Read Luke7:36–39 when have you taken a risk to get close to someone?

Read 1Sam20:41 which of your friends are you comfortable with enough to cry with?

Read Psalm133:1 Pray that God will help your group have unity by being real with one another

Read Mark8:31–33 tell of a time when a close friend misunderstood you at a time you were being vulnerable

Read Luke1:39–45 Which friend can you go to when things are at their worst? why?

share: 3 opportunities to be real with someone

reflect on & share: specific ways you can be real with your family

pray: "Jesus help me to be more real with you"

reflect: on several ways you can be more real in your friendship with Jesus

share: a time you were real with someone

sketch: just for yourself something you wouldn't want God to know about you.

Now remember that He knows everything about you & still loves you

share: how can your group be =more real with each other

act out: relationships where people are real with each other & those not

reflect: a secret you never shared with anyone, someone you might be able to

act out: a scene in a movie that shows realness in a relationship

draw: what happens when you're real with your closest friends

prayer journal: your most honest & real thoughts

reflect: a new way you can be real this week