

# 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