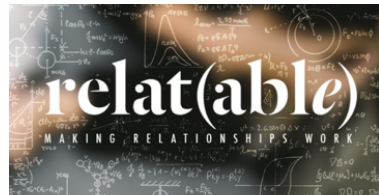




Session Two

The Man/Woman In The Mirror



START THE VIDEO

LET'S TALK ABOUT IT

- 1** If you were to get a tattoo, what would it say or what would the graphic be? If you already have a tattoo, what are the words or graphic, and why did you get it?
- 2** In the video, Louie notes that you are someone who is being cheered for today. Is this hard or easy for you to believe? Do you experience God as someone who cheers for you? Why or why not?
- 3** What do you think the difference is between humility and self-loathing?
- 4** How can we as Christians humble ourselves and not think too highly of ourselves, yet also cheer for ourselves?
- 5** Louie notes in the video that it does not honor Jesus for us to be really hard on ourselves. Can you relate to this statement? Do you ever beat yourself up? What triggers that kind of behavior?
- 6** On a scale of 1 to 10, with 1 being easy and 10 being hard, how difficult is it for you to be gracious with yourself when you make a mistake? Why did you answer the way you did?

PRAY TOGETHER

Close the group by asking anyone if they need prayer for anything this coming week.