



Part 1 : Almighty Me

Introduction

The common mantra of our culture is *“Be true to yourself; listen to your heart.”* Yet, what seems like the most authentic thing someone can do comes with a steep cost. In a story from the Bible, Jesus confronts a close friend, and he doesn’t suggest she listen to her heart.

Discussion Questions

1. Our culture consistently encourages people to *“Be true to yourself”* or *“You do you.”* Have you ever said this before? Has someone ever said these things to you?
2. For many people, enjoying themselves is their highest goal in life. What is **your** highest priority or goal in life?
3. Read Luke 10:38–42. What are some of the common lessons that can be applied from this passage? How does Jesus also address individualism in this story?
4. How can *“you being you”* be a healthy pursuit? How can that concept also lead to an unhealthy pursuit?
5. How does Jesus challenge our culture’s prevailing views toward individualism?
6. Is Jesus your life coach or your Lord? How does life look different when Jesus is your life coach in contrast to Jesus being your Lord?

Moving Forward

Our culture would have us look deeply into our hearts to discover our most authentic selves. The world says we should look inward, but the gospel challenges us to look upward. And by looking upward, we will not lose ourselves, but rather find ourselves—our true selves. We will find the most authentic versions of ourselves the way God created us to be from the beginning.

Changing Your Mind

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

– Luke 10:41–42