



CENTRAL Life Groups

CURRICULUM

WEEK 3 /// AUTHENTIC - THE 4 FEEDS

DISCUSS

To begin, take some time to answer the following questions:

- What has accountability looked like for you in the past? Who in your life is keeping you accountable now? What does that look like?
- How well do you respond to accountability? Do you respond defensively or receptively?
- Do you think accountability is necessary to grow in authenticity and community? Why or why not?

READ

Have someone in the group read 1 John 1:5-10 out loud.

DISCUSS

- What does it mean to walk in the light instead of the darkness?
- How can you help one another walk in the light and not in darkness?

READ

Have someone in the group read James 5:16 and Proverbs 28:13.

DISCUSS

- Why is confessing sin so important when it comes to creating a culture of authenticity within your Life Group?
- What is the benefit of confessing our sins to one another?
- What are the consequences of not confessing sins to one another?

APPLY

To help facilitate authenticity, we have a practice that will be a part of your Life Group every time you meet. At some point during your time together (suggestion: break up into guys and girls if the group would like to), have everyone answer four questions that center around the word “feed.” The questions are:

- **Input** – *How did you feed your soul?* (Did you read your Bible, memorize or meditate on verses, listen to a podcast, fast, or pray during the week?)
- **Output** – *How did you feed others?* (Did you serve, mentor, encourage, pray for, or share the gospel with anyone during the week?)
- **Struggles** – *How do you need to be fed?* (Did you face any challenges this past week with work, health, family, relationships, or finances? How can the group help?)
- **Confession** – *How did you feed your flesh?* (Did you give in to temptation during the week? What sins do you need to confess?)

Take turns sharing each other’s answers to the four questions. The group will listen, and as soon as the sharer is finished, someone in the group will pray for them. Repeat the practice until everyone has shared and has been prayed for. Try to keep the share time to around 5-10 minutes each, depending on the size of your group.

This practice may feel uncomfortable for some, but commit to the practice and take baby steps. Remember, we want to be authentic in our Life Groups, and it will take time to build trust. This practice will not only keep the group accountable, but it will also help the group know how to help one another with struggles and sins. We must strive to stop hiding and start healing. We are only as healthy as we are honest.