

## "Appetites"



### To the leader:

Open your group in prayer, and remember that this is only a guide. Feel free to discuss each of the provided questions in the notes, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions at the end of the page.

On Sunday, Pastor Nick continued in the *Own Worst Enemy* series by talking about narratives. There is an inner conflict within all of us that can easily bring about false narratives that we can believe about ourselves. If we allow these false thoughts to go unchecked, our lives will move in the direction of them. We learned that if we want to avoid being our own worst enemy, we must notice the narratives in our lives and square them with Scripture. Ultimately, there are triggers, insecurities and more behind these narratives. Looking for the thing beneath the thing allows us to tell ourselves the truth that we find in Scripture and live a full life through Christ!

*"Your life moves in the direction of your strongest thoughts."*

- ◆ In what way have you experienced the power of strong thoughts in your life?

### Let's review the points from the message Sunday:

#### 1. Notice your narratives

- ◆ What situations in life commonly allow for these narratives to come to the surface?
- ◆ In what ways have you engaged with such narratives in your life?

#### 2. Square them with Scripture

- ◆ In what way has the Bible helped combat the narratives in your life?
- ◆ What is your go to passage when you struggle with certain things?

#### 3. Look for the thing beneath the thing

As you take a moment to think about the narratives in your life, what:

- ◆ **Triggers** are set ups that set you off?
- ◆ **Hideouts** do you go to in order to escape the pain?
- ◆ **Insecurities** cause you to create false stories about yourself?
- ◆ **Narratives** do you create about others to protect yourself?
- ◆ **Grace** do you need to show yourself and others in order to become whole, holy, and healthy?

### Now what?

- ◆ Take some deliberate time to ponder the "thing beneath the thing" questions in the section above.
- ◆ In what way are you, as a group, going to deliberately encourage each other to overcome the false narratives in your lives?

### Three Essential Questions

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*