

Main Idea: The only way to live in freedom is to remove our masks and reveal our true selves to God and to others.

Connecting

Have you ever attended an event where you had to wear a costume? What type of event was it and what costume did you wear?

Do you have any social media accounts? Which ones? Which one do you use most often?

Understanding

Read Genesis 3:7-10. Why do Adam and Eve hide from God?

We wear masks to hide sin, shame, hurt, and inadequacy. What do you think is at the root of these feelings?

Read Psalm 139: 1-12. What do these verses say about God?

Living

How does knowing that you are fully known and truly loved by God shape the way you think about the masks you wear?

What's more intimidating: Being fully vulnerable before God or being fully vulnerable before each other? Why?

If you were to name the mask you wear most often, what would you name it? What are the costs of wearing masks?

How can we become the type of community that encourages vulnerability?

What is one practical step you can take this week to start removing the masks you wear? How can we pray for you and support you?