



Be True to Yourself?

We live out what we trust in. And when we put our trust in solely in what our heart tells us, we could be heading down a wrong path.

Discussion Questions:

1. Think of a teacher from your past you really trusted. Tell a story that caused you to trust them.
2. Read **Luke 6:20–26**, a portion of Jesus's Sermon on the Mount.
 - What key words or phrases stand out to you? Why?
 - What did Jesus say in that passage that would make it difficult for people to follow him?
 - What did he say that would make it appealing to follow him?
3. Look at these two lists of words that describe how most of us navigate life. Do any of the words on the right represent how you approach your aspirations and relationships?

Following Jesus can lead to ...

Weakness
Sacrifice
Sorrow
Rejection

Following your heart leads to striving for...

Power
Comfort
Success
Recognition

4. Talk about a time you decided to "follow your heart" and it didn't turn out well.
 5. How could someone see each of the words on the left in the above list as desirable?
 6. When you look over these two lists, which area stands out as one in which you would like to grow personally? How could you begin to do that? How could trusting God more help?
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