

# How Are You Doing...Really?

## WEEK 1: EVERYBODY HURTS

We all feel the pressure to put on a happy face and tell the world we're fine. But in a season like this, if we're being honest, we're probably all "not okay" in one way or another.

### START TALKING

1. Have you ever given a comically dishonest answer when someone asked, "How are you doing?" What examples come to mind?

### WHAT ABOUT YOU?

1. Why do you think it's become so common for us to ask, "How have you been?" without expecting honest answers? Do you think there is anything wrong with this state of social affairs?
2. Do you ever find yourself trying to please God with your prayers rather than honestly communicating your thoughts and feelings? Where do you think that impulse comes from? What forms does it take for you?
3. What do you think we miss out on when we put on an act of perfection and self-sufficiency?

### LOOK IT UP

*Read the following passage before answering the questions below: Psalm 143, Luke 5: 27–32.*

1. Which of David's confessions do you relate to the most? Why?
2. What enables a person to express the unfiltered truth about their inner life? Do you think it can be learned?
3. In your opinion, why was the Pharisees' charade of being "okay" so harmful?
4. What does Jesus's response to the Pharisees tell us about God's opinion of human performance?

### PUTTING IT ALL TOGETHER

1. Who can you reach out to this week with an honest invitation to share their struggles?
2. What are your main obstacles to being completely honest with God about your feelings? What would progress look like for you?
3. What are a couple of tangible steps you could take this week to begin practicing radical honesty with God?