



## Be Transparent

### WEEK 4 DISCUSSION GUIDE

#### OVERVIEW

In this message of the series entitled *How To Live Through A Bad Day*, we will learn three truths about Jesus and grow in our transparency toward others.

#### DISCUSSION

- Today, we are looking at when Jesus made the statement, “I’m thirsty.” What is your favorite kind of drink, smoothie, snowball, etc., that quenches your thirst?
- We will also discuss the importance of transparency. Who is someone you can be the most transparent with? What makes them a trustworthy person?

**John 19:28-29:** *After this, Jesus knew that everything had been done. So that the Scripture would come true, he said, “I am thirsty.” There was a jar full of vinegar there, so the soldiers soaked a sponge in it, put the sponge on a branch of a hyssop plant, and lifted it to Jesus’ mouth.* The first thing we learn about Jesus when He says, “I thirst,” is:

#### 1. Jesus really was human.

When Jesus said, “I am thirsty,” it shows He was fully human. He was 100% God and 100% human. He was fully human, so He could fully experience the pain and suffering of life. He can relate to our pain – intimately. **Philippians 2:7-8:** *But he gave up his place with God and made himself nothing. He was born as a man and became like a servant. And when he was living as a man, he humbled himself and was fully obedient to God, even when that caused his death-death on the cross.*

- How does Jesus' statement "I thirst" highlight his humanity?

#### 2. Jesus really was the promised Savior.

John the Apostle wrote in **John 19:28:** *Jesus knew that he had now finished his work. And in order to make the Scriptures come true, he said, “I am thirsty!”* There were many prophecies in the Old Testament that speak of this event. One of them being **Psalms 69:21:** *...they gave me vinegar for my thirst.* When Jesus says, “I am thirsty,” it shows us that He really was human, not just God, and that He really was the promised Messiah and fulfilled many prophecies.

- How does recognizing Jesus' fulfillment of Old Testament prophecies deepen our understanding of his identity as the promised Messiah?

### 3. Jesus was real, so we can be real.

We can get through the worst of days by trusting God and walking honestly and transparently with others. But sometimes, we may hit these **Roadblocks to Being Real**:

#### A. Hidden Weaknesses

This is the fear of exposure. **1 John 1:7-8** says: ***But if we walk in the light, as he is in the light, we have fellowship with one another...If we claim to be without sin, we deceive ourselves and the truth is not in us.*** We all have weaknesses. But we need people in our lives on our best and worst days. If we act like we don't have weaknesses, we are deceiving ourselves.

- How does the fear of hidden weaknesses hinder our ability to be real with others?

#### B. Fear of Rejection

This is the fear of rejection. To avoid rejection, we end up doing things we should never be doing. **Proverbs 29:25: *Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.*** We shouldn't let our desire for approval overrule what God wants to do in our lives and the transparency He wants us to have with others.

- Share a time when you did something irrational or went out of your way because of the fear of rejection.
- What are some ways we can overcome the fear of rejection?
- How can we live in a way where our friends, children, family, etc. won't have a fear of rejection toward us? How can we be more loving with our words and actions?

#### C. Past Hurts

This is the fear of being hurt again. Instead of opening our hearts to people, we build a wall around them. **James 5:16: *Therefore confess your sins to each other and pray for each other so that you may be healed...*** We need to confess our sins and our past hurts to the people God brings into our lives, and pray for one another so we can be healed. Many Christians are forgiven, but not healed, because we bought into the lie that we don't need each other. We all need to process our pain so we can move forward into the life God has for us!

- How does the fear of past hurts impact our relationships and transparency?
- Which of the three roadblocks do you struggle with most? What can you do this week to overcome these roadblocks so you can walk in freedom?

### LIFE CHALLENGE

This week, be transparent. Be authentic. What is your thirst? What do you need to satisfy those weaknesses, pains, fears of rejection? It's critical we lock arms with others. If you want to live through hard days, the last thing you need to do is hide, and put on the perfect face. Put it all out there and get a godly friend to stand with you!

### PRAY TOGETHER