



### **Part Four: Inside Out**

We all have character flaws. Most of us recognize that we need to grow in certain areas of our lives. But how can we do that in a meaningful way? Not just by trying harder. There's a better way.

### **Scripture: Matthew 23:25-32 NLT**

**Bottom Line:** Authentic Faith happens from the inside out not the outside in.

### **Discussion Questions**

1. Does your family have any fun/weird/crazy traditions? How did they start and what do you mean to you?
2. If you have a church background, what are some of the strangest traditions that were part of your religious experience? If you don't have a church background, have you witnessed weird church rituals that you never understood? Why do you think these traditions were/are so important to people?
3. Read Matthew 23:25-32. What observations do you have about this passage? What questions do you have? Discuss them as a group. How would you describe what Jesus' main point is in this section in 1-2 sentences?
4. What are some ways that we might 'try to clean the outside' of ourselves while not dealing with what's inside of us? Why doesn't this actually help us grow as people?
5. Jesus uses bread and wine to symbolize his sacrificial death. How does Jesus' death on the cross transform us from the inside out? Read Jeremiah 31:31-34. This is the way that God wants to relate to us. How do these verses describe what God has done for us?

### **Moving Forward**

We often use external rituals to help us deal with feelings of inadequacy, guilt, depression, worthlessness, fear, etc. Which of these feelings do you experience in your life? Transformation only works from the inside out. How does Jesus' sacrifice for you, help to address those feelings from the inside out? What do you think it would look like if you constantly lived out of the reality that through Jesus God approves and loves you unconditionally?