

November 1

Separating Self from Selfie

[Read Psalm 139:1-14](#)

If your classmates, church, parents, and friends were to describe you, how might those descriptions compare with each other, or with how you describe yourself?

Why do you think we sometimes show different versions of ourselves in different situations or with different people?

“I think the effort we put into pretending is based in the fear of really being known, of truly being seen as we actually are. I mean, perhaps we each have a wound or a vulnerable place that we have to protect in order to survive, and yet sometimes, we overcompensate so much for the things we’re trying to hide that no one ever suspects the truth and then we’re left in the aloneness of never really being known”

What do you think about that statement?

How do you feel when you come across a tiktok video or social media post where someone talks about something that you identify with or relate to (an opinion, a challenge, a medical problem, a family dynamic, etc.)?

“The only real love in the world is found when you let yourself be truly known”

Make a list of who knows you the best

Make a list of who loves you the most

What do you notice?

Was God on either of your lists? Why or why not?

How does this fit in with last week’s lesson, about How the Truth Sets You Free? (re-watch video if needing a reminder)