



# CONNECT GROUP DISCUSSION GUIDE

Week #3 - Am I Enough?



## GETTING STARTED

Spend some time checking in with each other. Any highs and lows since the last time you met?

Think about a time you've seen something that truly amazed you. What made it stand out as a "masterpiece"?

## THIS WEEK'S THEME

People can carry hurtful labels with them for years. How have past experiences or comments from others shaped how you see yourself today?

Social media and cultural standards often remind us of what we are not. How does comparison affect your self-esteem and sense of worth?

Why do you think we often struggle to see ourselves as masterpieces when we are so quick to admire other things? In what ways can we change our focus to avoid comparing ourselves to others?

In Michelangelo's creation of David, the artist said, "I created a vision of David in my mind and simply carved away everything that was not David." What do you think it means that God is still at work, sculpting us into the masterpiece God created us to be?

In what ways can we cooperate with God in this ongoing process of becoming who God made us to be? Have you ever thought about the idea of "cooperating with God" before? Why or why not?

If you're willing to be vulnerable for a moment – how could this group remind you of the ways that you are God's masterpiece, pushing back on the labels you've assigned to yourself?

## **DIGGING DEEPER**

Read John 6:28-35

“Jesus says, ‘I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.’ He says this to people for whom bread is the most basic of foods. It is not a luxury item, but a necessary part of daily life. The context of this saying is the feeding of the five thousand. Jesus has just fed a crowd with bread and fish, and they now come looking for more bread. The bread that Jesus gave them brought life for their bodies, and now Jesus says that he himself is the bread that brings life in a fuller sense. In John’s Gospel, true life is lived in relationship with God. To be truly alive is to be in relationship with the God who gives life. Jesus brings people into relationship with God by giving of himself, and the ultimate gift will be the gift of his own life through his crucifixion.”

Read more here: <https://enterthebible.org/passage/john-635-51-jesus-christ-the-bread-of-life>

Read Ephesians 2:10

Paul was writing to the Jesus followers in Ephesus, which was a major port and trading center, connecting trade routes across North Africa, Asia Minor, and Europe. It was one of the largest cities in the Roman Empire. In Ephesus, stood a temple built to reflect the city’s devotion to the Greek goddess Artemis. They estimate that it took 120 years to build. It was the first of its kind to be built entirely of marble and one of the largest Greek temples ever built, larger than a football field. To this day, it is considered one of the Seven Wonders of the Ancient World. It was a masterpiece.

Paul’s words addressed what people may have felt as they walked by the temple – insignificant, inadequate, and as though they weren’t enough.

Read about the temple of Artemis here:

<https://www.britannica.com/topic/Temple-of-Artemis-temple-Ephesus-Turkey>

## **PRAY**

Ask how you can pray for each other this week. What prayer requests do you have?

Lord God, Bread of life. Come to us this Lenten season and sustain us with your love and grace. Amen.

## **TAKING IT HOME**

Reflect on areas in your life where you feel “not enough.” What is one step you can take this week to embrace the truth that you are God’s masterpiece? How can you encourage someone else this week to see themselves as God’s masterpiece?