

SMALL GROUP DISCUSSION GUIDE

Not in a small group? Contact us at smallgroups@myriversidechurch.com

Ice Breaker: How many "selfies" do you take in a week? Month? What was your worst? How about your best?

Group Discussion: (Note: If your group is only meeting bi-weekly, *cover questions 1 and 3 for this week. If time allows, go back to the remaining questions.*)

1. On Sunday, Pastor Tom said, "discontentment has never been a bigger problem in human history than today." Social media often magnifies our discontent. When do you engage with social media? How long? Have you seen a change in your feelings after engaging with social media? Explain. Have you ever seen a need for you to limit your engagement? Have you ever had to limit the kind of media content that you consume? Explain. What can you do with the positive things you gain from media consumption?
2. When Christ-followers are fixated on their bodies, it impacts their relationship with God in profound ways. Have you ever been dissatisfied with your body? How did/ does that impact your relationship with God and relationships with others? Do you identify more with how others view your body or how God views your body? Read and discuss Psalm 131:2. What do you notice about this text? How does it speak to being content about our appearance?
3. Pastor Tom explained that learning how to become more content about our bodies and our appearance starts with recognizing that we are God's handiwork. Read and discuss Psalm 139. What kind of contentment would David have been experiencing in order to write this text? Have you ever experienced contentment on this level? Even when we have moments of true contentment, it is easy to revert back to discontentedness. Why do we often default to discontentment?
4. Read and discuss Ephesians 2:8-10 and Philippians 2:5-8. What is the foundation for genuine contentment? How do we begin to stand on this foundation? Have you ever experienced this or seen someone live this kind of contented lifestyle? What did/ does it look like? Why does praise and thanksgiving play such a critical role in this foundation (Psalm 139:14)?

Optional Just for You

Read Philippians 3 and 4:4-9 When you look at your body, what do you wish was different?

If you could have plastic surgery on one area, what would you change and why? Why do you think God created you with this feature/body type?

How much time do you spend with media? This week, look at where your time is spent:

Hrs. on Facebook

Hrs. on Looking @ News Content

Hrs. Watching TV

Hrs. Other

How does seeing "perfect" bodies on TV or watching people with "perfect" lives affect you? Do you feel better or worse about yourself after participating in these activities? Why do you think you respond in this way?

MESSAGE NOTES & SMALL GROUP DISCUSSION GUIDE

"MIRROR, MIRROR"
NOVEMBER 2, 2014



"Mirror, Mirror"

November 2, 2014

By Senior Pastor, Tom Lundeen

(You can sign up for Pastor Tom's e-newsletter for his thoughts on various subjects at pastortom@myriversidechurch.com)

MESSAGE NOTES

...this is a _____ issue in our modern, digitally-driven, social media-saturated society.

There are huge emotional, relational, and spiritual/theological issues that are present because of our cultural o_____ with what we look like.

1. Discontentment Has Never Been a Bigger Problem in _____ History Than Today

- 2 studies with college students show that after just 30 minutes on Facebook, _____% of them felt more negative than before they went on Facebook.
- Between 80% - 90% of all women (_____ million individuals) are dissatisfied with their bodies.
- _____% of college-aged females feel pressured to be a certain weight (but only _____% of women naturally possess the body type often portrayed in the US media).
- While a small percentage of women deal with severe eating disorders (between 0.5% - 3.7%), about 75% (3 out of every 4) of women engage in some form of d_____ eating.
- In 2013, women had more than 10.3 million surgical and non-surgical procedures (a _____% increase since 1997)...
- About _____% of men (67 million individuals) are dissatisfied with their bodies.
- _____% of adolescent boys are concerned about their weight and physique.
- Men had over 1 million cosmetic procedures in 2013.
- In 2013, males and females spent over \$_____ billion on surgical and non-surgical procedures.

"Many women—and even some men—are starving themselves and mutilating their bodies to conform to a particular s_____ of beauty." (Miller)

...and when Christ-followers are f_____ on their bodies, it impacts their relationship with God in profound ways.

Note Psalm 131:2

Huge numbers of people are not experiencing contentment in their lives because of what they see staring back at them in the _____.

2. Laying a Foundation for Genuine Contentment

Learning how to become more content about our bodies and our appearance starts with recognizing that we are God's h_____.

God is personally e_____ in the creation of every human life (*note Psalm 139:13, 15-16*)

Note Psalm 139:1, 2-4

You are God's o_____. You are His "m_____" (*note Ephesians 2:10*).

Contentment finds a home in our heart when we embrace this truth and begin to thank and _____ God for creating us (*note Psalm 139:14*).

We can become satisfied with our "selfie":

- Note Philippians 2:5-8
- Jesus birth, death, and resurrection have this in common: they all happened in a real _____, just like we have...
- God knows you and made you (including your _____) to know Him and be with Him forever, and He made this possible because He took on human flesh, too.

Tell someone about the next step you took today in your spiritual journey. You can use the connect card to let us know about your commitment, too!



RIVERSIDE NOTES

Sermon: "Mirror, Mirror"

Series: *Selfie Satisfaction*

November 2, 2014

...this is a gigantic issue in our modern, digitally-driven, social media-saturated society.

There are huge emotional, relational, and spiritual/theological issues that are present because of our cultural obsession with what we look like.

1. Discontentment Has Never Been a Bigger Problem in Human History Than Today

- 2 studies with college students show that after just 30 minutes on Facebook, 30% of them felt more negative than before they went on Facebook.
- Between 80% - 90% of all women (144 million individuals) are dissatisfied with their bodies.
- 58% of college-aged females feel pressured to be a certain weight (but only 5% of women naturally possess the body type often portrayed in the US media).
- While a small percentage of women deal with severe eating disorders (between 0.5% - 3.7%), about 75% (3 out of every 4) of women engage in some form of disordered eating.
- In 2013, women had more than 10.3 million surgical and non-surgical procedures (a 471% increase since 1997)...
- About 43% of men (67 million individuals) are dissatisfied with their bodies.
- 18% of adolescent boys are concerned about their weight and physique.
- Men had over 1 million cosmetic procedures in 2013.
- In 2013, males and females spent over \$12 billion on surgical and non-surgical procedures.

"Many women – and even some men – are starving themselves and mutilating their bodies to conform to a particular standard of beauty." (Miller)

...and when Christ-followers are fixated on their bodies, it impacts their relationship with God in profound ways.

Note Psalm 131:2

Huge numbers of people are not experiencing contentment in their lives because of what they see staring back at them in the mirror.

2. Laying a Foundation for Genuine Contentment

Learning how to become more content about our bodies and our appearance starts with recognizing that we are God's handiwork.

God is personally engaged in the creation of every human life (note Psalm 139:13, 15-16).

Note Psalm 139:1, 2-4

You are God's original. You are His "masterpiece" (note Ephesians 2:10).

Contentment finds a home in our heart when we embrace this truth and begin to thank and praise God for creating us (note Psalm 139:14).

We can become satisfied with our "selfie":

- Note Philippians 2:5-8
- Jesus birth, death, and resurrection have this in common: they all happened in a real body, just like we have...
- God knows you and made you (including your body) to know Him and be with Him forever, and He made this possible because He took on human flesh, too.

Tell someone about the next step you took today in your spiritual journey. You can use the connect card to let us know about your commitment, too!