

SMALL GROUP DISCUSSION GUIDE

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

Ice Breaker: Photoshop was first released in 1990. What impact do you think it has had on our culture? What impact has this graphics tool had on you personally?

Group Discussion: *(Note: If your group is only meeting bi-weekly, cover questions 2 and 4 for this week. If time allows, go back to the remaining questions.)*

1. Read and discuss Proverbs 25:27; Psalm 18:27; Luke 14:11. Pastor Tom explained that there are those of us that post selfies on social media looking solely for affirmation and there are others of us that stand in front of a mirror and repeatedly ask those close to us for affirmation. Have you ever done either of these things? How can this backfire on us? Why can this be a problem for us spiritually? What is a better way?
2. Pastor Tom explained that when we only highlight our physical appearance to the outside world, we become hypocritical. How does this strike you? Read and discuss Matthew 23:5-7, 12, 25-28. In v.5-7 Jesus warns against doing things for the sake of attention and honor. How do we do this in our day-to-day lives? Now read and discuss Matthew 6:1-8. What does Jesus prescribe as an alternative way? How can we begin to walk in that way? Have you seen someone live in this humble way? How did this impact you?
3. Pastor Tom stated that, "God wants us to be free from living for the "likes" of others and trying to manage an image of ourselves and instead be able to live because of the approval of His love." What have you done that could be accepted by society but rejected by God? How is living in God's approval different than living seeking the approval of others? Can you recall a time when you saw someone do this? What impact did it have on the people around them? How can you notice Christ's love for you this week?

Just for You

Do you think it's wrong for a follower of Christ to have plastic surgery? Why or why not? Is it more acceptable to utilize Photoshop on our pictures and Instagram filters on our selfies than taking a permanent step to alter our appearance?

Read and reflect on the following passages this week: Proverbs 31:25a, 30, Romans 14 & 15:13 and Galatians 5:16-26.

Who do you know that sees the "real" you? How does this relationship differ from others you have? Do you allow God to know the "real" you?

MESSAGE NOTES & SMALL GROUP DISCUSSION GUIDE

"PHOTOSHOPPED PHYSIQUE"
NOVEMBER 16, 2014



"Photoshopped Physique"

November 16, 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

12 months ago = _____ million hashtags with the word "selfie" in them.

2 months ago = _____ million hashtags with the word "selfie" in them!

"In our 'selfie-centered' culture, the more '_____ ' our lives become, the more we show others the 'me' we want them to see, the more difficult it is to be authentic." (Groeschel)

So in a society where there is a consistent and growing pressure to post photos of ourselves ("selfies") and submit them to the scrutiny of others (_____ of all photographs taken by people ages 18-24 are selfies), the temptation to portray ourselves in a way to get more "_____" even if it means pretending to be...something we're not is very real and has real spiritual, emotional, and relational consequences.

1. H _____ Escapes Us

At the heart of all sin is _____.

Our tendency to _____-focus on our appearance/body and post to social media only the most attractive images of ourselves that we can create...does not encourage us to be humble.

Note Proverbs 25:27; Psalm 18:27; Luke 14:11

Whether or not we post selfies on social media, the same principle can be very much at work in us as we stare at ourselves in the mirror and ask our spouse, parents, and friends over and over again, "Do I _____ okay?"

2. H _____ Overtakes Us

"...one who wears a _____; plays a part"

Note Matthew 23:5-7, 12, 25-28

"Everything they do is done for men to _____..."

"Do we want to be known and _____ primarily through the visual images we make of ourselves and put out for the world to see?" (Rachel Marie Stone from *Our Bodies, Our Selfies: On Body Image Online*)

Are we endeavoring to be seen, physically, in a certain way? Are we c _____ approval and affirmation? Is the spiritual truth of our being images of God highlighted in our postings, or do we make ourselves out to be _____ multifaceted miracles than we are?" (Stone)

3. H _____ Frees Us

Note I Samuel 16:7; Proverbs 31:25a, 30

Note Song of Songs (Solomon)

God wants us to be free from living for the "likes" of others and trying to manage an image of ourselves and instead be able to live because of the approval of His _____.

Honesty about ourselves frees us from our i _____ being wrapped up in how many people are "following" us and is instead found in Who we are following.

We can become satisfied with our "selfie":

- Perhaps God is speaking to us about taking a lot less selfies...and also restrain ourselves from posting c _____ "likes" on the images others post...
- In a selfie-obsessed world, find the freedom from the "likes" of others that come through the approval of Jesus' love for you.

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: "Photoshopped Physique"

Series: *Selfie Satisfaction*

November 16, 2014

12 months ago = 35 million hashtags with the word "selfie" in them.

2 months ago = 170 million hashtags with the word "selfie" in them!

"In our 'selfie-centered' culture, the more 'filtered' our lives become, the more we show others the 'me' we want them to see, the more difficult it is to be authentic." (Groeschel)

So in a society where there is a consistent and growing pressure to post photos of ourselves ("selfies") and submit them to the scrutiny of others (1/3^d of all photographs taken by people ages 18-24 are selfies), the temptation to portray ourselves in a way to get more "likes" even if it means pretending to be...something we're not is very real and has real spiritual, emotional, and relational consequences.

1. Humility Escapes Us

At the heart of all sin is pride.

Our tendency to over-focus on our appearance/body and post to social media only the most attractive images of ourselves that we can create...does not encourage us to be humble.

Note Proverbs 25:27; Psalm 18:27; Luke 14:11

Whether or not we post selfies on social media, the same principle can be very much at work in us as we stare at ourselves in the mirror and ask our spouse, parents, and friends over and over again, "Do I look okay?"

2. Hypocrisy Overtakes Us

"...one who wears a mask; plays a part"

Note Matthew 23:5-7, 12, 25-28

"Everything they do is done for men to see..."

"Do we want to be known and admired primarily through the visual images we make of ourselves and put out for the world to see?" (Rachel Marie Stone from *Our Bodies, Our Selfies: On Body Image Online*)

Are we endeavoring to be seen, physically, in a certain way? Are we crowdsourcing approval and affirmation? Is the spiritual truth of our being images of God highlighted in our postings, or do we make ourselves out to be less multifaceted miracles than we are?" (Stone)

3. Honesty Frees Us

Note 1 Samuel 16:7; Proverbs 31:25a, 30

Note Song of Songs (Solomon)

God wants us to be free from living for the "likes" of others and trying to manage an image of ourselves and instead be able to live because of the approval of His Love.

Honesty about ourselves frees us from our identity being wrapped-up in how many people are "following" us and is instead found in Who we are following.

We can become satisfied with our "selfie":

- Perhaps God is speaking to us about taking a lot less selfies...and also restrain ourselves from posting copious "likes" on the images others post...
- In a selfie-obsessed world, find the freedom from the "likes" of others that come through the approval of Jesus' love for you.

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!