

SOUNDTRACKS

SOUNDTRACK OF PERFORMANCE

GET TALKING

What motivated you the most growing up? (Examples: Good grades, trophies, praise from others, etc.)

MESSAGE HIGHLIGHTS

- Symptoms of performance: perfectionism, comparison, image management, pride/judgment, depression/anxiety/stress
- Pathway to freedom: receive grace, grow from a place of rest, meditate on truth, find identity in Christ

DIG IN

- Do you think that today there is more pressure around performance than in the past?
- What is your loudest soundtrack playing when it comes to performance? (refer to the symptom list above)

Read Matthew 23:23-28, Luke 18:9-14, James 4:4-7,10

- In the verses in Matthew, Jesus spoke 3 “woes” to the Pharisees. Why do you think that He gave these three examples? Do you think that He was making the same point in all three, or was there another point that He was trying to make?
- In James, it talks about being “friends” with this world and what the world thinks. Since the Lord opposes the proud, when we stand in our own performance or pride what do we sacrifice? (James 4:6) How could this affect our relationship with God?
- Read Mt. 11:28-30. In these verses it says, “all who labor and are heavy laden”. The Lord knows that we will labor and be heavy laden, yet promises to give us rest. So, what does it look like to take the Lord’s expectations/burdens upon us? Why does doing that give rest for our soul? Why is the Lord’s yoke easy and his burden light?
- What is required for us to receive grace? Why is it so hard to receive and accept God’s grace and His view of us? How can we start living in more grace?

BIG IDEA: God’s grace frees me from the performance mentality.

NEXT STEPS

The soundtracks of performance! It really doesn’t even make sense to think that we need to perform for God. Yet, we strive, feel like we are not good enough, and think that what we do affects the way God feels about us. How can we step into freedom this week? Do you need to receive grace, just rest with God in a new way, meditate on truth, or remind yourself who you belong to?

Prayer

In your prayer time, pray that God would reveal where we are performing and to show us ways to rest in Him.