



Wisdom & Wonder - Don't "Shine On" Yourself

Icebreaker:

1. What is your favorite cold weather meal in the fall or winter?
2. If you were another person for one day, who would it be and why?

Summary:

Our spiritual practices should not be used to bring attention to self but help us connect with God and participate in his kingdom work in the world. If we are doing spiritual activity to be seen and receive the approval of others then we are missing the point.

Engage the Bible:

Read Matthew 6:1. Read as a group and reflect on times in your life when you provided help or assistance to others. What did you do? How did you do it?

Small Group Questions:

- What are some common spiritual practices that could easily be 'measuring sticks' we use to evaluate someone's faith?
- In your mind what are some of the intended purposes of spiritual practices? How do they help you? How could they be harmful?
- Do you see any tension between Matthew 5:16 and 6:1? How do you reconcile Jesus' intent? What does that look like in real life?
- Have you ever participated in certain religious practices out of obligation? How did that affect your view of Jesus or the Church? How do you think Jesus' teaching might change your practices?