

Sunday Leftovers

Sermon Title: Addicted to Likes - Obsessive Comparison Disorder

Discuss:

Are you obsessed with what people think of you? Do you assess your personal value based on whether you are keeping up with the Jones' or by how many likes you get for a Facebook post? Those external assessment tools can be such a slippery slope because they, more often than not, drains you of the joy and perspective God has made each of us to enjoy. If we switched our criteria and used the opinions of those who know us best, we would have to look to the one who created us. When we do that we see that we were and still are so valuable that God would choose to die for us. We are so worthy that God wants to have a personal relationship with us. We are so loved that God is willing to look past our faults and shortcomings and welcome us as His beloved children. Isn't it time we stopped letting our possession, appearance and friends/family define who we are. We are "fearfully and wonderfully made."

- What do you think was the main point of Matt's message?
- What are some ways that people use to assess their personal value? Are these a trap? Why or why not?
- Read Genesis 3:1-7: Why do you think Eve defied God and believed the serpent?
- Why do you think our "spiritual enemy" is so successful at getting us to believe his lies?
- What can we do to be better able to identify those lies and start living the truth?

Digging deeper:

Genesis 3:1-7; Psalm 139:1-16; John 3:16; 8:44; 10:10; 2 Corinthians 11:14; Titus 2:11-14; 1 Peter 2:9

Do something about it:

Spend so time in God's Word. Do a word search on "God's love." Find a verse that really describes how God feels about you and post it somewhere you look, everyday. Read it out loud each day and remind yourself that you were worth dying for.