



Part 1: Instagram vs. Reality

INTRODUCTION

We all strive for the ideal, but this doesn't mean we can avoid reality. What do we do when our carefully cultivated social media images don't really reflect the fullness of our real lives? How do we manage that tension? Oftentimes, we try to filter it or change the ideal. But Jesus gives us another way.

LET'S TALK ABOUT IT

1. In what areas of your life do you feel like your reality isn't the ideal?
2. When the ideal doesn't match with the reality, are you one that filters (pretends everything is fine) or one who tries to change the ideal (so you don't feel as guilty for not measuring up)?
3. In what areas of your life have you felt tempted to change the ideal?
4. Instead of filtering or changing the ideal, we can be honest – openly admitting how things really are. What is it you need be honest about?
5. Buck said, "Jesus' grace is big enough. His mercy is wide enough. His forgiveness is deep enough." How does this speak to you?

THIS WEEK

If someone you trust asks you how you are, have the courage to be honest with your reality. If you are tempted to change the ideal so to avoid guilt, bring it to Jesus in prayer. On an index card write out this statement and put it in a place you'll see it often: "Jesus' grace is big enough. His mercy is wide enough. His forgiveness is deep enough."

"Then neither do I **condemn** you," Jesus declared. "Go now and leave your life of **sin**."

John 8:11