

## Who's In Your Head? Small Group Guide

**Warm-up Question:** (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. What is your religious or spiritual background?
2. Generally speaking, how skeptical are you on a scale of 1 to 10?

**Read the following passages:** Matthew 7:15-20; 2 Timothy 3:1-5.

Jesus warned the crowds about false prophets — people who seemingly had a message from God, but who would ultimately bring harm. Paul gave a similar warning to the elders in Ephesus, and several years later, false teachers did, in fact, begin to mislead the people in Ephesus. False teaching can take on many forms, but several characteristics are particularly relevant for us today. 1) False teaching often includes speculative spirituality that distorts the Gospel. 2) False teaching is often characterized by an obsession with the self. 3) False teaching often appeals to our desire for money and pleasure. 4) False teaching destroys community.

**Questions for Discussion** (Choose several that are relevant for your group):

1. In our cultural moment many people are pasting together their own personal version of spirituality that can include things like: belief in God, belief in angels, the use of crystals, the use of tarot cards, astrology, yoga, meditation, and prayer. Why do you think this is so common? What are some potential problems with this approach?
2. According to the Bible, what are some healthy ways of pursuing personal transformation and eternal life?
3. Do you have a regular habit of reading the Bible? Explain. Do you use any additional resources to help you understand what you read in the Bible?
4. One of the most famous verses in the Bible, John 3:16, reminds us that God loves us. If God loves us, there is certainly a sense in which we should love ourselves. This “love of self”, however, is very different than the preoccupation with self that dominates our culture. What is the difference between a healthy version of “loving ourselves” and the preoccupation with the self that dominates our culture and which Paul condemns in 2 Timothy 3:2? What can we do to resist this extreme individualism?
5. The Scriptures in no way teach asceticism. But how can we recognize when money or pleasure are becoming idols in our lives?

6. Read 1 Corinthians 8:1-3. How should our pursuit and use of knowledge be shaped by love? Generally speaking, do you think the people around you would describe you as motivated by love or by truth (or something else!)?

**Pray**