



See-Through Life

Lesson 1 – The Rewards of Being Open

Proverbs 27:17 and Galatians 6:2

Discussion Questions

- Think about secrets in your life that you aren't proud of. You don't have to share those secrets, but why do you hold on to secrets?
- What do you think of when you hear the word *accountability*, and why?
- What's the difference between accountability keeping you from doing bad things versus helping you do good things?
- When have you felt “stuck all by yourself” trying to live out your faith?
- What do you think of having someone to “journey with”? Does that make you feel good? bad? indifferent?
- Are you convinced of the benefits of living a see-through life? Why or why not?
- In what ways could a see-through life bring you safety?
- What are some specific ways you might deepen as a person through living a see-through life?
- How might a see-through life bring you more freedom and liberty? Be specific.
- In what ways could a see-through life be necessary for you?

Challenge

It's sometimes difficult to think of accountability as being a good thing. To help yourself realize this truth, examine a few milder things in your life that you know other people find to be good but that you don't—maybe a movie or TV show you don't enjoy but all your friends watch, or a food you hate that everyone else in your family loves. Ask people why they love or enjoy it, and really listen to their reasons—see if you can put yourself in their shoes. Write down the good things, and then spend the next week trying to find the good in as many things as you can.