

ST Unit: Living Out Authentic Faith, Lesson 1

D6 Family Theme:
AUTHENTIC FAITH**Objectives:****Know:** Authenticity is essential to vibrant and growing relationships with God and others.**Think:** Live with the assurance that God's nature allows me to be honest about myself.**Do:** Be honest in every way as you pursue a deeper relationship with God and others.**READ: LISTEN TO GOD**

Read Psalm 103:1-14; Ephesians 2:1-10; Romans 7:15-25. Authenticity is not just a biblical concept; it is essential to a right relationship with God and with others. Thankfully, God is authentic in the way He communicates with us through His Word and gives us every reason to be authentic in our pursuit of Him.

**PRAY: TALK TO GOD**

Continue to worship and serve God, knowing we don't have to be perfect to do so. Praise God that even through our failures, He uses us and wants a relationship with us.

**DO: WALK WITH GOD**

OPTION 1: We are often ambushed with lies about who we are supposed to be and how we should live our lives. We feel like we have to wear masks around people to pretend to be someone we are not. God wants us to be ourselves and loves us for who we are. In our imperfections, God still chooses to use us to lead others to Him. Talk with your child about some of the reasons he feels inadequate or the reasons he feels he has to pretend to be someone else. Some of the reasons might be fear of rejection, fear of judgment, or fear of disappointment. Remind your children that you love them for who they are, just like God does.

OPTION 2: Discuss authentic faith by asking these questions:

- *What does it mean to be authentic?* (Honesty, being consistent regardless of who you are around, etc.)
- *What are some examples of ways that the world around us discourages authenticity?* (Refusing to forgive past mistakes; public crusades against people, organizations, or businesses for certain positions that are unpopular; unrealistic portrayals of people in media/entertainment; etc.)
- *What is the difference between a worldly understanding of authenticity and biblical authenticity?* (The world says to just be who you are, but Scripture teaches us to be who God designed us to be; the world says that people should just accept each other as they are, but Scripture teaches us to help those around us grow in the fear and admonition of the Lord; the world encourages you to be what people want you to be to get what you want from them, but God calls us to be what He wants us to be in order to serve His purpose and be a blessing to others.)



PRE-
SCHOOL

Today your child learned faith is when we have complete trust in something or someone. God told Noah to build an ark to save him, his family, and the animals He would send from a flood. Noah lived by faith by trusting and obeying God. I can follow Noah's example, and **I Can Live by Faith.**



K & 1
GRADE



2 & 3
GRADE

Today your student learned what it means to have authentic faith. He or she discussed the difficulty of wanting to do what is right and actually making those choices. He or she examined biblical examples of people who faced those same struggles. He or she was encouraged to turn to God's Word and the Holy Spirit for help in saying no to sin.



4 & 5
GRADE



YOUNG
TEEN



HIGH
SCHOOL

Teens started a new unit today on authenticity and accountability. Often teens try to please their peers by looking and acting in ways that are not true to their own character. Ask your teenager about this struggle. Does he wear "masks" so that he fits in? Does she feel like a "fake" in order to please someone else? Help your teen understand that authenticity is a mark of Christian living. Read *The Velveteen Rabbit* (Margery Williams) together (No, it is not just for children!) and talk about having your "fur rubbed off," so that you can be real.



YOUNG
ADULT

Group members discussed what it means to have authentic faith and were challenged to pursue authentic relationships with God and others.



ADULT

Adult groups discussed how authenticity is essential to a vibrant and growing relationship with God and others. Members were encouraged to be honest in every way as they pursue deeper relationships with God and others.