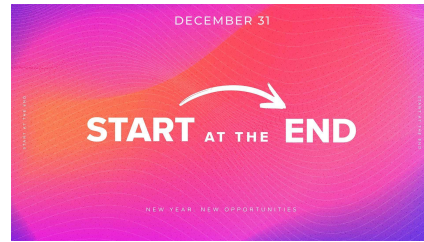


Hope Presbyterian Church
Sermon-Based Bible Study Group



December 31, 2023

Start At the End - Authenticity

Texts (NIV): Philippians 4:4-9, Ephesians 4:25

1. What stood out to you about the message?
2. According to Merriam-Webster, the most used or search-for word in 2023 was **authentic**, defined as *real or actual; true to one's spirit and character*.
 - What might have prompted interest in the word **authentic** more than any other English word in 2023?
 - How have aspects of the current culture (e.g., social media, artificial intelligence, political climate) focused attention on authenticity?
3. **Read Philippians 4:4-7.**
 - How does an anxious spirit impede our honest approach to God with our requests?
 - When have you experienced peace as a result of being honest with God?
4. **Read Philippians 4:8-9.**
 - Consider the options for focusing our thoughts - whatever is true, lovely, pure, admirable, praiseworthy, excellent.
 - Which of these is easiest or most challenging for you?
5. **Read Ephesians 4:25.**
 - Why do we sometimes fake our wellness rather than “show up” as our authentic selves?
 - How does being a member “of one body” influence our authenticity?
6. How can we pray for you?