

# #nofilter

## 1. #irl

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read 1 Samuel 16.1-13

*'But the Lord said to Samuel, 'Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.'*

- Talk about your social media use. How much time do you spend consuming social media each day, on average? Have you experienced any of the negative impacts we talked about – the comparison trap, lower self image, 'fomo' (fear of missing out), bullying, or even lack of sleep?
- How do you think David felt being excluded from the VIP feast? Was it a snub or just the natural order of things? In what ways have you felt passed up, underestimated or rejected?
- People look at the outward appearance. To what extent do you judge your own worth based on outside measures? What are those outside measures?
- How much do you experience the reality that you are God's masterpiece and his chosen instrument? Do you feel this to be true or do you struggle to accept it? What could you do to embrace this truth more fully?
- Why do you think God affirmed David's worth before ever getting him to do a single thing for Him? Why do you think having security in your own value and worth is key to being used as one of God's heroes?
- Something gains value if it is fully owned by someone special. What areas of your life would you like God to have greater ownership of?

Big Idea: 'Don't ever base your worth on outside measures. Rather, know that God has made you in His image and chosen you for great and heroic things.'

Pray together in 2s and 3s. Pray about any negative impacts that social media may be having on you and those around you.

Pray for a greater sense of your intrinsic value – how precious you are as one of God's masterpieces, created in Christ Jesus. Pray for God to lead you into the great things that He has got for you. Pray that God would use you as one of His heroes.