



Be Transparent – Message 5

Announcements

Second Saturday SERVE // April 8th // Serve together as a small group! Every second Saturday of each month, Church of the King is mobilizing serve teams to help create community transformation. Go to churchoftheking.com/satserv for projects.

Step 2 - Essentials // April 9th // Learn how to develop the essential habits that every believer needs to become a fully devoted follower of Jesus Christ. Water Baptism Class will be held during this step. ChurchoftheKing.com/growthtrack.

Warm-up

What is your favorite drink to on a hot day to quench your thirst?

Today we will continue to discuss statements Jesus made from the cross that can help us in challenging seasons in our lives. When we are vulnerable like Jesus and know our identity in Christ, we can overcome moments when life hurts most.

Word and Application

The fifth statement Jesus made from the cross is very simple, ***"I am thirsty."*** No one can live without water. Biology teaches us that dehydration causes fatigue, muscle cramps and headaches. Believe it or not, the primary reason you get tired is you don't get enough water in your system. Simply put, your brain and body cannot operate without water. Knowing this, it is no surprise Jesus voiced his dire need for water after hanging on the cross. Why is it important for us to know that Jesus was human and went through difficulties just as we do today?

Read John 19:28-29 and Mark 15:23.

The Roman soldiers offered Jesus myrrh with wine as he hung dying on the cross. You see myrrh is a narcotic and a painkiller when mixed with wine. While drinking it might ease his excruciating pain,

Jesus refused. Why do you suppose Jesus denied this brief relief? What do these two passages reveal to us about his character?

The Bible teaches us that although Jesus refused the pain-numbing myrrh mix, he later accepted a drink of sour wine. Let's explore further those three authentic words from Jesus, "I am thirsty." What do we learn about Jesus from this statement? We learn there are three reasons behind his statement: a theological reason, prophetic reason and a personal reason.

1. Jesus really was human [theological reason].
Jesus did not just *appear* as a human on this earth, he *was* 100% human. He was also 100% God. As a fully human being, Jesus experienced the pain, temptations, and sufferings we experience.
Read Philippians 2:7-8. What does this truth mean to you personally?
2. Jesus really was the promised Savior [prophetic reason].
Read John 19:28, Isaiah 53:3-5, Psalm 69:21 and John 19:29.
There were over 380 prophecies over thousands of years to show us that Jesus is the true Messiah. How would you respond to someone who contends that Jesus was not the promised Savior? How does knowing that Jesus fulfilled true prophecy help you in difficult trials?
3. Jesus was real, so we can be real [personal reason].
When Jesus died for us on the cross, God is telling us "Jesus is human, Jesus is Savior and Jesus can relate to you." How does Jesus' example help you to be more authentic with others during difficult trials?

The reality is many of us struggle with being *real*. Below are three steps that will help identify and **Remove Roadblocks to Being Real.**

1. *Hidden Weaknesses.*
Read 2 Corinthians 4:2 & I John 1:7-8. Hiding our weaknesses is really a fear of exposure. Why do we need to be transparent with other believers? Do you have individuals you can *be real* with (e.g. small group members, friends, or mentor)?
2. *Desire for approval.*
Read Proverbs 29:25. The desire for approval is the fear of rejection. To avoid rejection we often end up doing things we would never have done. Share a time with the group where you decided to obey what the Lord wanted you to do instead of pleasing man.
3. *Past Hurts.*
Read James 5:16. The fear of being hurt again can cause us to become bitter and superficial. What does God's word tell us to do if we want healing from past hurts? Many believers are forgiven but not healed. In your own words, what does this statement mean?

Which of these three roadblocks most hinder your willingness to be transparent with others?
Read Colossians 2:19. How does this passage encourage you to be authentic in your walk with others? Challenge yourself this week to be transparent with someone you trust.

Prayer

Thank Jesus Christ for modeling to us how to be authentic. Ask God to give you boldness to be transparent in the body of Christ and to remove fears you have that are blocking you from being real. Pray for specific needs of the group.