

The Masks We Wear
Sunday Nov. 1, 2015

1. Man is least himself when he talks in his own person. Give him a mask and he will tell you the truth. *Oscar Wilde*
2. We all wear masks, and the time comes when we cannot remove them without removing some of our own skin. *Andre' Berthiaume*
- 3.



4.



5. Why do we wear masks?
6. Jesus Christ never wore masks.
7. How do we shed our masks?
 - We need to admit that we wear masks.
 - We need to figure out what's underneath the masks we wear.
 - We need to shed our masks slowly.
 - We need to apologize for the masks we've worn.

Study Notes

DISCUSSION

1. There were several images we looked at on Sunday morning re. masks. One of them was of an anxious woman holding a mask of her smiling (see #3 of notes). What do you make of this image? How does it make you feel? Have you ever worn a mask like it? Do you know why? How did it make you feel to hide behind that mask?

2. Another of the images was a poem by Shel Silverstein (see #4 of the notes). It suggests that wearing masks keeps us from meaningfully knowing each other. What can we do to get to know each other better – so as to care for each other better?

INTO THE BIBLE

Read Jn. 11:35; Jn. 2:1-11; Mat. 26:36; Mt. 26:38; Lk. 5:29-30.

These are examples of the way Jesus living an integrated life.

Meaning: He lived his good and right beliefs with perfect consistency.

How did he do so in each story?

Can we possibly live this way?

APPLICATION

Rob suggested a 4 step process for shedding our masks (see #7 of notes). Take some quiet time to identify a mask you wear and why you wear it.

Then...

a. Challenge yourself to wear it less and less.

b. Invite a close group of people to call you on it if they see you wearing it and to encourage you when they see you not wearing it.

c. Apologize to someone for wearing a mask. Per Shel's poem – it may bring greater depth to that relationship.