



SPX Small Groups

Life is Better Together

Reality Check – Week 1 – Jan. 9 The Baptism of the Lord



1. What surprises – either good or bad - have you encountered in 2022?
2. If you were making a movie of Jesus' baptism from this week's Gospel (Lk 3:15-16,21-22), who would you cast as God's voice to say, "You are my beloved Son; with you I am well pleased"?
3. In what ways is it true that your perception defines your reality? In what ways is that false?
4. Matthew Kelly said, "What you choose to think about determines the direction of your life." Can you describe a time when intentionally changing what you thought about changed your reality?
5. In seeing ourselves as God does, we must avoid two extremes. One is to focus on our failings, and the other is to fail to acknowledge our interdependence on God and others.
 - a. Do you tend to focus on your failings and struggle to see yourself as a beloved child of God? How can you let go of this extreme?
 - b. Do you see yourself as fiercely independent and hesitate to admit how much you need others and God? How can you let go of this extreme?
6. How does avoiding each of these extremes help you to serve God as a disciple -- that is, one who imitates Jesus's example of teaching, healing, and sharing the Good News?
7. Has God (or anyone else) ever given you a reality check that helped you get your life back on track?
8. What practical steps is God calling you to take this week?