



OPENNESS AND AUTHENTICITY IS THE ONLY WAY

with Kristian Stanfill

▶ FOCUS VERSE

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.
Galatians 5:1

▶ DISCUSSION

1. **Have you ever arrived at a moment like the one Kristian faced in November 2020—one where you felt like you were about to lose everything that was important to you?**
 - a. What had brought you to the point?

 - b. In hindsight, do you see points where you could've been more open about the problems you were facing, and perhaps keep the situation from becoming so dire?

2. **To begin overcoming his alcoholism, Kristian says he had to better understand “what [he] was drinking at”—that is, the underlying issues and toxic lines of thought that were driving his addiction.**
 - a. Have you ever engaged in this kind of introspection after realizing you had an unhealthy addiction or obsession in your own life?

 - b. If so, what did you learn about yourself, and how did it help you to overcome your problem?



Find this podcast at theredeemed.com/openness-authenticity/

- 3. Kristian says he finally realized that what he was drinking *at* was his own toxic thinking: the misguided belief that his success or failure in his life and career determined whether he was a good person, something he now recognizes as a “lie from the enemy.” Are there any such lies in your own life that you know deep down are false, but can’t keep yourself from listening to them and believing them? *(See 2 Corinthians 10:5.)***

- 4. Kristian says there’s freedom in knowing that you need God’s help, and in knowing your limitations, the places in your life that you need the strength and support of others to navigate.**
 - a. Does it seem paradoxical to talk about “freedom” in the context of knowing limits and having to depend on others?

 - b. How does God attempt to help us reconcile those ideas?

- 5. Do you ever find yourself “talking around” your inner struggles the way Kristian did—talking about them with others but not being fully open or truthful?**
 - a. What are some of the ways in which you do this?

- 6. As Kristian and Nate discuss toward the end of the podcast, being vulnerable and authentic is a choice, one that we have to make every day. What are some things you can do to be more up-front and courageous about making that choice with the people you care about?**

