

Living an Authentic Life

Bob Anderson

I. Introduction.

- A. Authenticity comes from the heart.
- B. The more we want the less accurate of a picture we see.

II. The interior of the life must be the high ground.

- A. It is critical to hold the high ground militarily and spiritually.
- B. Jesus recognized that the hardest thing was to reach the hearts of people. It is easy to live life on the exterior.

III. One must embrace the journey of grieving losses.

- A. If we must, grieve losses lest they hinder us. (Psalms 42:3, 43:2)
- B. If we do not grieve a loss, we have little comfort to give to others. (II Corinthians 1:4)

IV. Living authentically is worth the effort and risk.

- A. Timothy knew everything about Paul. (II Timothy 3)
- B. If one is to be authentic with people, it will cost him. (Philippians 1:8)

Application questions:

1. What does it mean to hold the high ground of the heart?

2. How can embracing the journey of grieving losses help others?

3. What challenges do you face to living authentically before others? Explain.
