



INTRODUCTION:

How has social media helped relationships in our culture? Has social media harmed relationships in our culture? If so, how?

TAKE A LOOK AT THE BOOK:

Read Proverbs 31:1-31

Why did Pastor Jeremy say this passage causes guilt? What does the law do to cause guilt in our lives? (Galatians 3:24)

The law is incapable of justifying us, it can only show us our sin, it can only show us where we can't measure up. What are some things the "Proverbs 31 Woman" does that we can't do perfectly? Are these good things? Does this mean we throw our hands up and not try to do these things? What should our response be? (Read Galatians 3:24 again)

How do we move from condemnation to joyfully obeying Christ?

TAKE IT HOME:

So we have learned that we cannot measure up to what God expects and we find our motivation and joy in obeying through the finished work of Christ. Why do we feel the need to create a perfect looking life to those around us?

Have you been more concerned about the outward appearance than what is in your heart? What are steps you can take to change?

I think some of the social media guilt is unintentional, but how can we be intentional about not piling on guilt about external things? Is there behavior we need to change, what could that be?