

Questions for Individuals and Groups:

Read again the reading from Esther (see church [website](#) for details)

- Brené Brown defines Authenticity as: **‘the daily practice of letting go of who we think we’re supposed to be, and embracing who we are.’**
- Think about how Esther embodied this in being herself before the King. Can you think of other Bible characters who showed authenticity?
- Can you think of times when you felt pressure to fit in with what you are supposed to believe / look / dress / behave like?
- As Esther found, to be authentic often takes courage? Why is that?
- Do you agree it’s usually better for us to be authentic than to hide our gifts / who we are?
- Pray: Ask God to give you – and others - the courage to be who He made and is shaping you to be.