**Small Group Talk Sheet**

**Galatians – Week 4: Galatians 2:11-21**

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**Intro –** We have talked an awful lot about not looking back and torturing ourselves with our sin and our past. I think it’s just counter-productive and self-destructive to do so. There is, however, a little value in taking stock and doing some reflection. The question is, “How much and what type of self-reflection is healthy for a believer?”

**Big Idea** – *Self-reflection isn’t a bad thing unless it turns into “self-flagellation”.*

**Notes**

*Self flagellation* – the act of flogging oneself especially as an act of religious discipline.

Self flagellation is a practice that is still practiced by some religions in the world, as well as some branches of Catholicism in some countries. There are branches of Islam and other pagan religions that regularly engage this practice. In the Philippines, Catholics there will flog them selves with chains and whips until they bleed. Philippine Catholics have recently engaged in self-crucifixion as a form of penance, as well.

As Christians, self-reflection can be both a good thing and a not-so-good thing. When we reflect on our lives, what are we thinking about? In this session, we are considering when taking a look back can be a good thing and when it crosses a line into a destructive pattern.

When we think of how our story can impact others, it becomes really important to figure out how to tell it. Lots of folks avoid mistakes by hearing about the mistakes of others. Lots of folks also figure out a way forward in certain situations by hearing how others have handled hardship. Your story can be a real encouragement when you use it to build others up and not to tear yourself down!

**Small Group Questions: Leader, please read the following questions and give everyone a chance to participate.**

1. Think of a time when you made a huge mistake. What did you learn from that mistake?

2. Reflecting on the past can be a negative thing. When does looking back become non-productive or even destructive?

3. In your words, how would you define a testimony?

4. In what way(s) can a testimony be a good thing? How does telling your story become a positive thing to other people?