

# FILTERS

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## LET'S TALK ABOUT IT

1. Do you relate to the idea of the “performance filter” Gerald talks about? If so, what were some things you heard growing up that support the idea that you get what you deserve? (*For example: My mom always said I could be anything if I set my mind to it.*)
2. Talk about a time in your life when the “performance filter” backfired—when despite your hard work, the outcome was unfavorable.
3. Have you ever experienced a relationship (perhaps with a boss, teacher, coach, or parent) in which you felt pressure to perform? What effect did that have on your relationship?
4. Gerald says that when we allow ourselves to think our performance affects our relationship with God, three things can happen:
  - We exhaust ourselves (trying to work harder and be better).
  - We become judgmental (criticizing others’ behavior and choices).
  - We feel excluded (not good enough for God to love us as we are).

Which of these hits closest to home for you?

5. When you think about grace as it relates to your personal journey, where are you today?
  - \_\_\_ I often struggle with the idea that I’m good enough (as is) for God’s love.
  - \_\_\_ I find myself at times performing/behaving as if my works will earn me favor with God.
  - \_\_\_ I don’t deserve it or understand it, but I’m content knowing that God loves me (baggage and all).
6. What’s one thing Gerald said today that stood out to you?