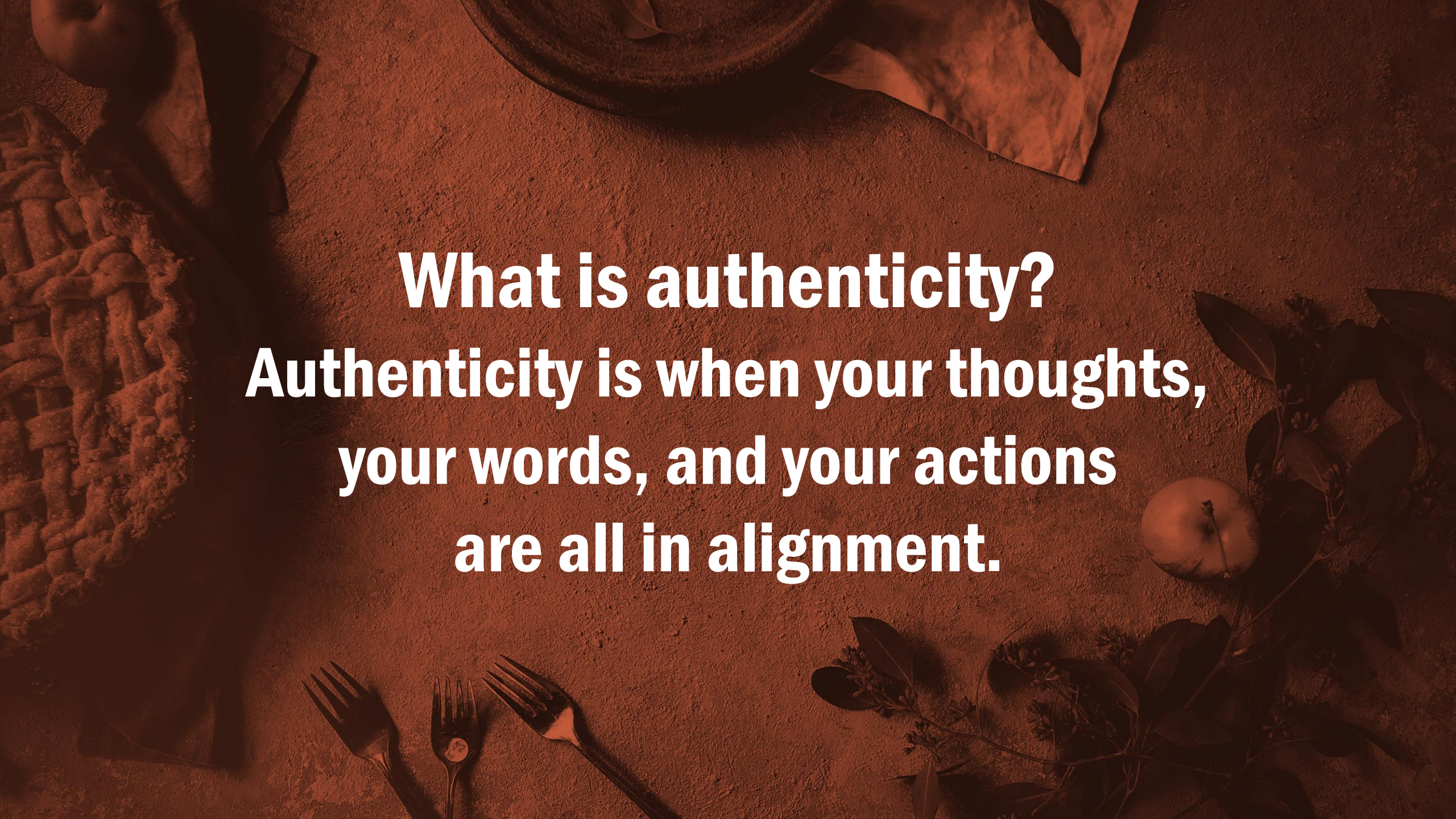


A top-down view of a rustic table setting. On the left is a large, golden-brown braided pie. At the top center is a dark wooden bowl with a green leaf. To its right is a white, crumpled paper napkin. On the right side, there is a red and yellow apple and some green leafy herbs. At the bottom, a silver fork and a gold fork are visible. The background is a dark, textured surface.

Eat your Veggies

Doing the things we don't want to do

Part 3: Authenticity

A top-down view of a table setting with a textured placemat, a woven basket, a plate, and various items like forks and herbs.

What is authenticity?
**Authenticity is when your thoughts,
your words, and your actions
are all in alignment.**

Why aren't we authentic?

1. Guilt and shame.

Guilt says "What I did was wrong."

Shame says "Who I am is wrong."

Genesis 3:7-10

Why aren't we authentic?

2. Pride.

Luke 5:29-32

Why aren't we authentic?

3. Fear.

Hebrews 4:13

1 John 4:18

How can we become authentic?

Honesty leads to authenticity.

How can we become authentic?

1. Be honest with yourself.

2 Corinthians 13:5

How can we become authentic?

2. Be honest with someone else.

James 5:16

How can we become authentic?

3. Be honest with God.

1 John 1:8-9

A still life composition featuring a braided pie, apples, a wooden bowl, and silverware on a textured blue-grey surface. The pie is on the left, with a dark blue napkin underneath. A wooden bowl with a green leaf is at the top center. A white napkin with a green leaf is at the top right. A red and yellow apple is on the right, with a green leafy branch below it. Three silver forks are at the bottom. The text "Are you being authentic?" is centered in white.

Are you being authentic?