

A Word For Life

Talk Sheet

The Problem with Playing Superman

Introduction:

We have all been in situations where we have to act like a superhero, but without superhero powers. Some of us have been told showing our emotions makes us look weak. But it is healthy to live in our reality. We all have feelings that we need to process one way or another. The worst thing we could do is isolate ourselves and hold everything inside. We can turn to each other, join activities that will help, and turn to the Bible and God.

Talk Points:

- Men hold tears because they have been taught real men don't cry. This has resulted in hiding pain and refusing to acknowledge our weaknesses.
- Even Superman had a weakness.....kryptonite.
- Kryptonite – something that presents a particular threat to one that is otherwise powerful
- The inability to ask for help makes us an easy target.
- Women can easily isolate and hold things in.
- Ask for help! Start participating! Ask questions!

Things To Ponder:

- The problem with acting like Superman is we can never live up to this comic book character.
- Our humanity is our kryptonite.
- Some people create a Superman or Wonder Woman persona to avoid their reality.
- We all need each other.
- The Bible answers all kinds of questions.

Apply What You Heard:

When is a time you have acted like Superman/Wonder Woman and why?

What will you do to make sure you are not holding everything in?

Reflect:

"Call to me, and I will answer you; I will tell you wonderful and marvelous things that you know nothing about."

Jeremiah 33:3