

"From Denial to Deliverance"

Genesis 32:22-28

3/13/22

Small Group Discussion Guides

If you have time, prepare for the discussion by reading the backstory that led Jacob to a Jabbok moment in his life. See Genesis 25-32.

Begin by reading 2 Corinthians 10:3-5 *"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."*

How does this passage fit with this topic and our discussion?

I've brainstormed many questions for use in your discussion time. Pick a handful of them. You won't have time to discuss them all. Pick the ones you think would lead to lively discussion.

1. Have you ever had a "Jabbok experience" where everything came crashing down because of sinful behaviors/choices that you may not have realized were sinful? Share what happened.
Looking back, what were the underlying beliefs you held about life, others, yourself that caused your behavior?
Can you identify events in your life or experiences that led you to believe what you believed about yourself, others, life?
How did you experience deliverance in this area of your life?
2. Traumatic events can cause us to make faulty conclusions about life, ourselves and others. Share a traumatic event in your life and the conclusions you made from it and how it shaped your life.
3. Read James 1:2-3. If you were in a Jabbok moment, how would this passage hit you? How would it hit you after the fact?
4. Jacob had two painful experiences from his childhood that shaped his life. Can you relate to either of them?
5. Have you struggled with feelings of inadequacy?
6. What mistakes did your parents make in how they raised you and how did it affect your life?
7. Respond to this statement: *"Having troubles is not an excuse for poor choices. However, It does provide a wonderful basis for sympathy."*
8. Share a time when you experienced sympathy and grace during a troubled time in your life. How did it shape your life?

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9. When in trouble, when life comes crashing down, how do people typically respond to the crisis? How do people act towards those experiencing Jabbok moments?
10. Review all the steps from denial to deliverance. Which ones do you find the most helpful and what would you add to the path towards deliverance?
11. Read Romans 8:1-13 and 12:1-3. What role does the mind play in our lives? What is the role of the Spirit in accomplishing the new life? How can we cooperate with God? What are we to do and what does God do?
12. Review what God did in response to Jacob's movement back towards God. Has God done the same thing in your life? Has God given you a new identity that has inspired you to live a better life?
13. Share the story of someone who inspired your life, someone who experienced incredible hardship and inequities and thrived! What helped them overcome those hardships?
14. Do you know of a good movie about a person who overcame many obstacles and survived, perhaps even becoming incredibly successful?
15. Share a song that inspires you, when you are down, to get back up again and push forwards towards the "Promised Land."
16. Make up your own question for discussion.