

# Grace Group Discussion Guide

For the week of September 29 - October 5, 2019

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## Main Passages and Thought:

*"This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. <sup>6</sup>If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. <sup>7</sup>But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. <sup>8</sup>If we say we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup>If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*  
(1 John 1:5-9 ESV)

Health in our souls requires that we live openly and honestly with God and safe others. This involves confessing our sinful thoughts and actions to God for forgiveness and to others for healing. We also need to regularly process our thoughts and emotions with other safe, trustworthy people who can encourage us and give us a biblical perspective. Past hurts and fear of rejection can hinder this, but the Bible teaches that it is necessary. We also need to consistently process our thoughts and emotions with God in prayer. King David demonstrates how to do this in Psalm 139:

*"O Lord, you have searched me and known me! <sup>2</sup>You know when I sit down and when I rise up; you discern my thoughts from afar... <sup>13</sup>For you formed my inward parts; you knitted me together in my mother's womb. <sup>14</sup>I praise you, for I am fearfully and wonderfully made... <sup>19</sup>Oh that you would slay the wicked, O God! O men of blood, depart from me! <sup>20</sup>They speak against you with malicious intent; your enemies take your name in vain. <sup>21</sup>Do I not hate those who hate you, O Lord? And do I not loathe those who rise up against you? <sup>22</sup>I hate them with complete hatred; I count them my enemies. <sup>23</sup>Search me, O God, and know my heart! Try me and know my thoughts! <sup>24</sup>And see if there be any grievous way in me, and lead me in the way everlasting!"* (Psalm 139:1-2, 13-14, 19-24 ESV)

1. Begin with a heart of worship and humility. (v. 1-18)
2. Be completely honest and transparent with God. (v. 19-22)
3. Invite the Lord to search our hearts and to speak to us. (v. 23-24)

Find a moment this week to process with God using Psalm 139 as a guide. Share your experience with the group next week.

## Reflection: *(Break into groups of 3 to discuss)*

- What stands out to you from the main thought and passages above and why? What do you think will be most challenging for you to put into practice?
- How can you make regular time in your week to pray and process with God?

## Application:

- Share with the group about one challenge that you are currently facing, big or small. What's happening? How does it make you feel? Be as transparent and honest as you feel comfortable. Avoid giving each other advice. Just listen, empathize with one another, and pray for each person right after they share and before the next person answers.

## Prayer:

- All of us need to be a safe person for someone else. Who is someone that you can be a safe person to? Pray for that person and for God to give you an opportunity to connect with them and to let them process their lives with you.