The Path Experience
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# The DATE Experience

An Eight-Session Group Study to Discover the Way of Jesus.





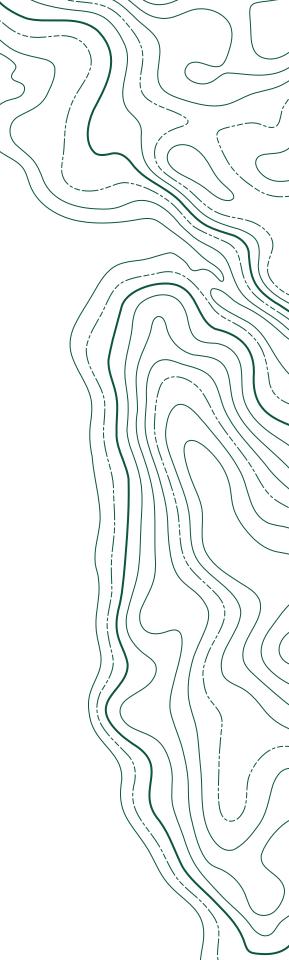
THE CITY: What are you searching for?	5
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Welcome to

The Path

Experience!



**As you travel through these eight sessions**, we hope your group not only learns about the path of following Jesus but actually *experiences it together*. After all, knowing about something is great, but transformation happens when we experience truth in our own lives.

This guide is based on the book *The Path*. Each of the eight sessions corresponds with a chapter of *The Path* (you can scan the QR code below to purchase it). You are not required to read along in the book, but doing so is the most meaningful way to experience this journey. Throughout the journey you'll be traveling alongside Tal, a young architect trying to find fulfillment in a world that is like our world but not our world . . . until Jesus offers a different path to peace and freedom.



Scan the code to purchase The Path

#### How this experience is structured:

The directions for each meeting are divided into three sections:



**BASE CAMP:** First, you'll connect and check in with each other, watch a short video, and discuss what you've read and watched.



**NEW TERRAIN:** Next, your group will *do* something together to help you tangibly experience the truth you're discussing.



HORIZON CHECK: Last, you'll look toward the next meeting and decide how to continue processing and practicing Jesus' way as you travel along *The Path*.

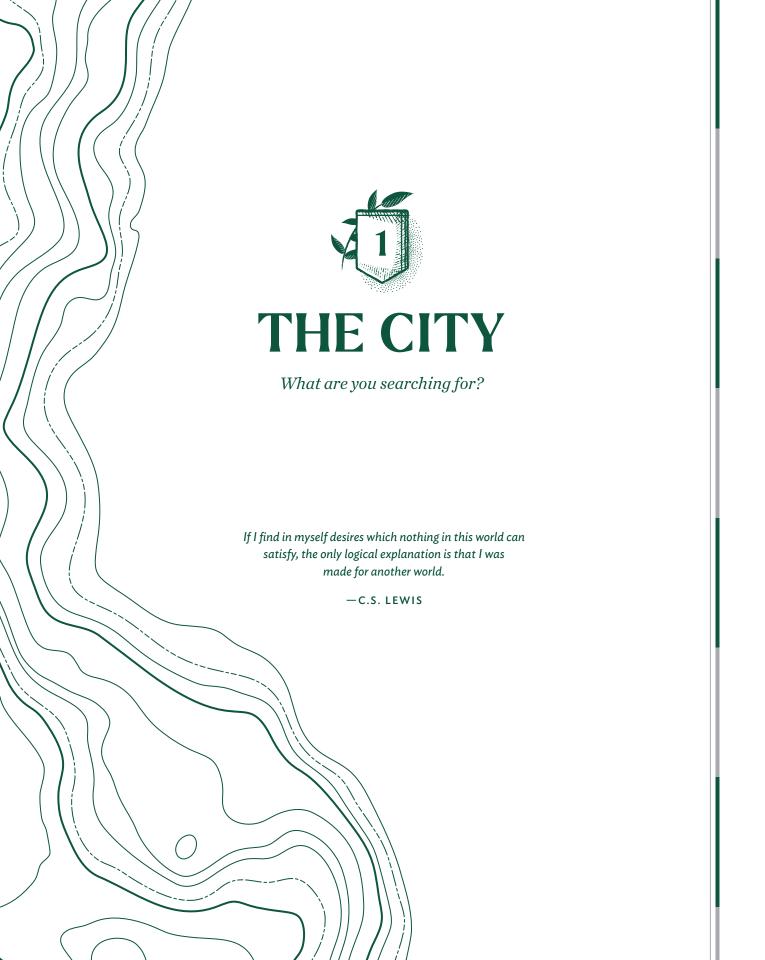
You'll see that we have noted how long each section should take based on a ninety-minute meeting. If you are meeting for longer or shorter, feel free to adjust accordingly.

After each meeting is a *Selah*, or a pause for reflection, followed by a *Walk It Out* experience for you to keep processing these truths in your day-to-day life.



#### Before your first meeting:

Read the first chapter, "The City," in The Path.





# Base Camp



**FIRST: Pray to open your time together.** If anyone in your group is comfortable praying out loud, have them kick off your meeting with a brief prayer.

- [10 *min*] **SECOND: Check in with each other.** To help you ease into the discussion, respond to one of these questions:
  - 1. How are you coming into today's time together?
  - 2. Is there anything you are particularly excited or nervous about when it comes to this experience?
- THIRD: Set some ground rules. Trust will be important as your group travels together. We want everyone to feel comfortable sharing their honest thoughts and emotions. Spend a few minutes discussing the group norms that will help you build and maintain trust with one another. Below are a few suggestions but feel free to add your own, too. Which three best fit your group?
  - » **No Fixing:** We don't need to give each other solutions or advice. Instead, we will listen and empathize.
  - » No Leaking: What is said at group meetings stays there. Period.
  - » No Preaching: Leave preaching to pastors. This a place to wrestle and be alongside each other.
  - » Contribute, Don't Dominate: We will each engage with each other and the content, and we will give others the opportunity to do the same.
  - » Prioritize the Group: This group is important to us, and we will make an effort to show up on time and consistently.

#### **OUR GROUND RULES:**

[5 min] FOURTH: Watch the video "The City" together by scanning the QR code.



- [20 *min*] **FIFTH: Dig in with discussion.** You don't have to answer all of these questions. Pick the ones that feel most relevant for your group and discuss them together.
  - 1. What stood out to you most in "The City" chapter or video?
  - 2. Where in your life do you feel stuck or behind?

- 3. How have your childhood and school experiences shaped your current goals and desires?
- 4. When have you gotten something you were longing for and found that it wasn't quite what you thought?
- 5. The things we long for and pursue are usually good, worthy goals. Why do you think they don't always "hold up"?



## New Terrain



[15 min]

FIRST: Let's visit the bazaar with Tal and consider our own "booths," or the places we try to find purpose. Use the list to jumpstart your thinking as you consider:

Where do I try to find purpose and fulfillment in my life?

ng/Marriage	Self-love
e/Influence	Sports
enture	Religion
h Care	Charity/Generosity
th	
anitarian Work	
activeness	
	ng/Marriage e/Influence enture h Care th nanitarian Work activeness

When you consider where you're trying to find purpose, what are a few ways you would fill in these blanks? Here's an example:

If I can just	get the right job	_, then I'll finally be	happy and confident
, and the second		,	***
If I can just		thon I'll finally bo	
II I can just		_, then I il lillally be	
707		.1 -711.0 11.1	
If I can just		_, then I'll finally be _	
If I can just		_, then I'll finally be _	

[30 min]

**SECOND:** Share your thoughts. Talk about where you have tried to find purpose in your life. Then, share how you sometimes fill in the blanks of the sentences above. You might be surprised that others feel the same way!

[5 min]

## Horizon Check

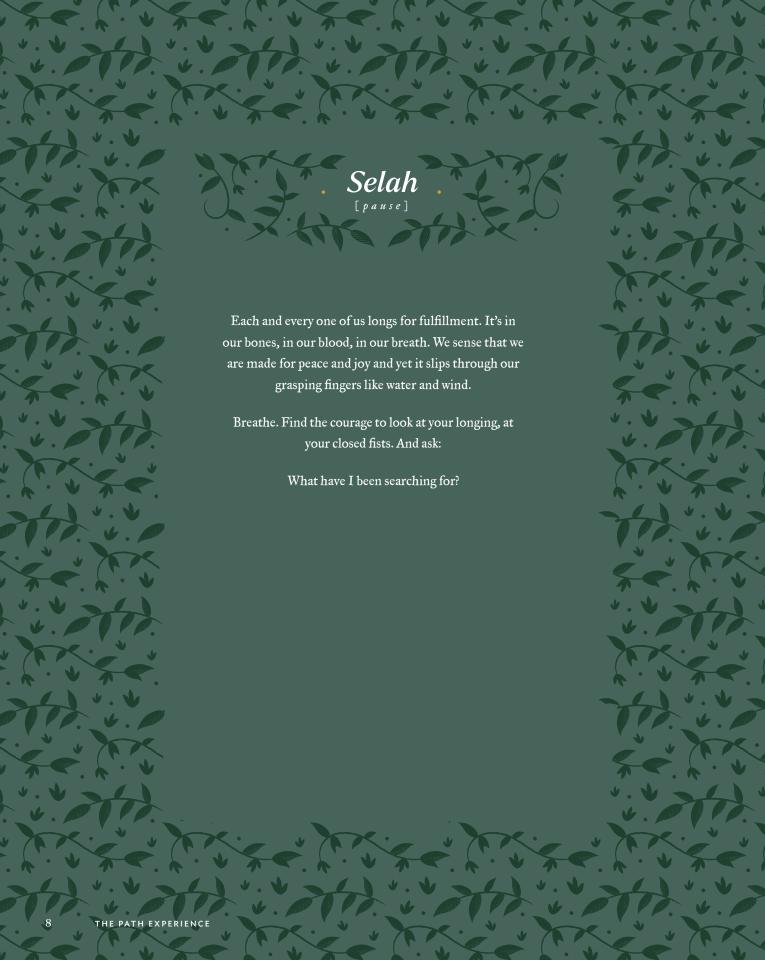


**FIRST: Review what you'll read.** Before your next meeting, read Chapter 2: "The Leap" in *The Path*.

**SECOND:** Encourage each other to walk in this truth this week. After each meeting is a **Selah**, or a pause for personal reflection, followed by a **Walk It Out** experience for you to keep processing these truths in your day-to-day life. This week we'll be reflecting on Ecclesiastes 2:1–11. (You can find it on the following pages.)

**THIRD: Pray to close your time together.** Before you head back into your everyday lives, pray together. The Holy Spirit is your guide on this journey, and pausing together to experience the Spirit's presence is vital for what's ahead.





#### Walk It Out:

Reflect on this passage one (or more!) times before your group gathers for the next session. Here's one way you might structure your time.

- 1. Read the passage all the way through.
- 2. Pray, inviting the Holy Spirit to speak to you.
- 3. Read the passage again—out loud this time. As you go, underline the phrases that jump out to you.
- 4. Take some time to reflect on what connects to you in this passage.

#### Ecclesiastes 2:1-11 (NLT)

<sup>1</sup>I said to myself, "Come on, let's try pleasure. Let's look for the 'good things' in life." But I found that this, too, was meaningless. <sup>2</sup>So I said, "Laughter is silly. What good does it do to seek pleasure?" <sup>3</sup>After much thought, I decided to cheer myself with wine. And while still seeking wisdom, I clutched at foolishness. In this way, I tried to experience the only happiness most people find during their brief life in this world.

<sup>4</sup>I also tried to find meaning by building huge homes for myself and by planting beautiful vineyards. <sup>5</sup>I made gardens and parks, filling them with all kinds of fruit trees. <sup>6</sup>I built reservoirs to collect the water to irrigate my many flourishing groves. <sup>7</sup>I bought slaves, both men and women, and others were born into my household. I also owned large herds and flocks, more than any of the kings who had lived in Jerusalem before me. <sup>8</sup>I collected great sums of silver and gold, the treasure of many kings and provinces. I hired wonderful singers, both men and women, and had many beautiful concubines. I had everything a man could desire!

<sup>9</sup>So I became greater than all who had lived in Jerusalem before me, and my wisdom never failed me. <sup>10</sup>Anything I wanted, I would take. I denied myself no pleasure. I even found great pleasure in hard work, a reward for all my labors. <sup>11</sup>But as I looked at everything I had worked so hard to accomplish, it was all so meaningless—like chasing the wind. There was nothing really worthwhile anywhere.



We are born to love, we live to love, and we will die to love still more.

-ST. JOSEPH CAFASSO



# Base Camp



**FIRST: Pray to open your time together.** Take a moment to invite Jesus to lead you as you explore what it means to leap into the unknown of following him.

- [iomin]
- **SECOND: Check in with each other.** To help you ease into the discussion, respond to one of these questions:
  - 1. How are you coming into today's time together?
  - 2. What was impactful about meditating on Ecclesiastes 2:1–11? Has anything about that passage stayed with you?
- [5 min]

THIRD: Watch the video "The Leap" together by scanning the QR code.



- $\begin{bmatrix} 20 & min \end{bmatrix}$
- **FOURTH: Dig in with discussion.** Pick the questions below that feel most relevant for your group and discuss them together.
  - 1. What stood out to you the most in "The Leap" chapter or video?
  - 2. How have you tried to find fulfillment or peace apart from Jesus?
  - 3. In what areas of your life (e.g., money, career, relationships) have you felt like everything depended on you?
  - 4. What hesitations have you had (or still have) about taking the leap of following Jesus?
  - 5. Have you ever heard a powerful story of someone choosing to follow Jesus? Do you think it always has to be a dramatic experience?



## New Terrain



- [ 10 min ]
- **FIRST: Spend some time looking back.** Like Tal, our stories begin at home where we grew up. Think back over your life and jot down responses to these questions.
  - 1. What is one difficult experience you had between birth and the end of high school?

- 2. What was one unspoken rule in your household when you were growing up?
- 3. What has your journey with Jesus been like? This may mean sharing your own story of taking the Leap, or it may mean sharing what "booths" you're currently at and what kind of conversations (if any) you and Jesus are having. Each of us are right where we should be on our journey, and it's a gift to get to share that with each other.

[40 min]

**SECOND:** Share your thoughts with the group. This is a great way to start getting to know your travel crew on *The Path* and better understand where you're each coming from. Give each person about five minutes to share and remember: the goal is to listen and support, *not* to fix or preach.



# Horizon Check



**FIRST: Review what you'll read.** Before your next meeting, read Chapter 3: "The Table" in *The Path*.

**SECOND: Plan your next gathering.** One way to make your next group meeting as meaningful and memorable as possible is to share a meal together (it's called The Table, after all!). Spend a few minutes deciding how you might do this as a group. Potluck dinner? Drinks and dessert? Pitch in money and have one person handle the food? If you're up for it, make a plan.

**THIRD:** Encourage each other to keep experiencing this truth. This session's **Walk It Out** challenge—for you to complete on your own before next time—is to reflect on Romans 5:6–11 (you can find it on the following pages). Share this challenge out loud so everyone knows what to try to do before you gather again.

**FOURTH: Pray to close your time together.** Before you head back into your everyday lives, pray together. Thank Jesus for loving us so deeply and for always inviting us to trust him more. Ask him to help you see more places he's inviting you to take a leap of faith with him.

# Selah -

One day, you will be weary.

You will have run to the end of what your human body can carry. You will have tried to untie the knots of your soul until your fingers are bloody and brittle. You will have scaled and fought and wept and raged and found that it still did not satisfy the longing in your soul.

Today may be such a day.

If you are weary enough to sit down on this dusty road, notice the One who settles beside you. Who offers you a cool drink for your raw throat, bread for your gnawing stomach.

What does he want you to know?

#### Walk It Out:

Reflect on this passage one (or more!) times before your group gathers for the next session. Here's one way you might structure your time.

- 1. Read the passage all the way through.
- 2. Pray, asking God to speak to you through this passage.
- 3. Read the passage again, underlining what the passage tells you about God.
- 4. Read the passage again, circling what the passage tells you about you.
- 5. Ask God, "How does this passage apply to my life today?"

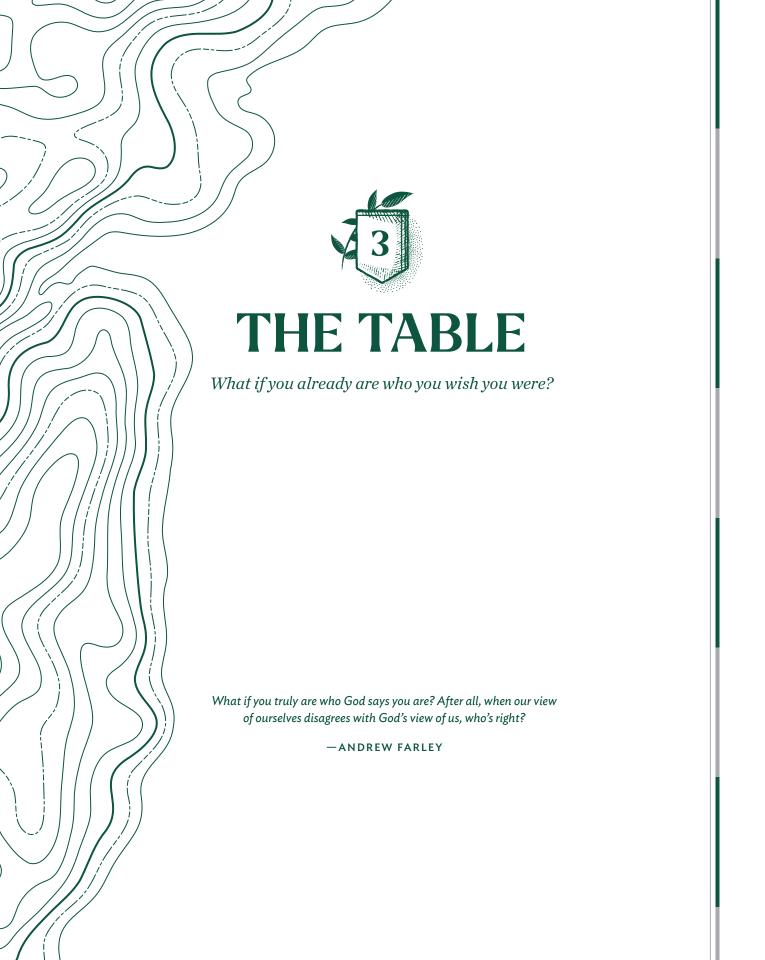
#### **Romans 5:6-11 NLT**

<sup>6</sup> When we were utterly helpless, Christ came at just the right time and died for us sinners. <sup>7</sup> Now, most people would not be willing to die for an upright person, though someone might perhaps be willing to die for a person who is especially good. <sup>8</sup> But God showed his great love for us by sending Christ to die

for us while we were still sinners.  $^9$ And since we have been made right in God's sight by the blood of Christ, he will certainly save us from God's condemnation.  $^{10}$  For since our friendship with God was restored by

the death of his Son while we were still his enemies, we will certainly be saved through the life of his Son.

<sup>11</sup> So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God.





# Base Camp



**FIRST: Pray to open your time together.** Take a moment to set aside the stress and worries of everyday life as you settle into this time together.

- [iomin]
- **SECOND:** Check in with each other. To help you ease into the discussion, respond to one of these questions:
  - 1. How are you coming into today's time together?
  - 2. What was impactful about meditating on Romans 5:6–11? Has anything about that passage stayed with you?
- [5 min]

**THIRD:** Watch the video "The Table" together by scanning the QR code. Then, if you've decided to do dinner together, gather around the table to eat and discuss.



- [25 min]
- **FOURTH: Dig in with discussion.** Pick the questions below that feel most relevant for your group and discuss them as you share a meal together.
  - 1. What stood out to you in "The Table" chapter or video?
  - 2. How does your relationship with your parents shape how you see God?
  - 3. Do you have friends or family members who seem to genuinely celebrate and delight in you just for being *you*? How does it feel when they do that?
  - 4. How do you feel about the idea that the new heart you receive when you trust Jesus is a gift you can't earn, improve, mess up, or lose?
  - 5. What is your experience hearing (or not hearing) the "Windsong" of the Holy Spirit?



## New Terrain



- [15 min]
- **FIRST: Explore the new identity you receive when you trust Jesus.** Below is a list of truths about who we are once we decide to follow Jesus. These become fully, completely, and unalterably true of us the moment Jesus gives us our new heart at salvation. Mark one or two which are hardest for you to embrace. Then, share with the group.

I am a child of God. John 1:12

I am Jesus' friend. John 15:15

I am loved by God as much as Jesus is. John 17:23, 26

I am beloved. Romans 9:25

I am chosen. Colossians 3:12

*I am a saint.* 1 Corinthians 1:2, Ephesians 1:1

I am righteous. 2 Corinthians 5:21

I am holy and blameless. Ephesians 1:4

*I am complete in Christ.* Colossians 2: 9–10

I am free from condemnation. Romans 8:1

I cannot be separated from God's love. Romans 8:38-39

I am being refined by God. Philippians 1:6

*I have everlasting life.* John 5:21

I am God's temple. 1 Corinthians 3:16

I am a new creation. 2 Corinthians 5:17

I have been adopted as God's child. Ephesians 1:5-6

I am God's masterpiece. Ephesians 2:10

#### [30 min]

**SECOND:** Experience what it's like to be at the Kingdom Table. As you are hopefully enjoying a meal together, take a few minutes to remind each person at the table of their new identity in Christ. Go around the circle and read the words below to the person sitting to your right.

**TIP:** Both giving and receiving affirmation can be difficult, and body posture can help us connect our mind, body, and heart to the experience. If you are giving the affirmation, turn fully toward the person you're affirming, helping them see that you are really speaking to *them*. If you're receiving the blessing, try opening your hands on your lap to embody receiving these truths.

"(NAME), you are a beloved child of the King. This new identity is gifted to you, not earned. When you trusted Jesus, he gave you a brand new heart that is forever fused with his, and he now lives within you always. No doubt, mess up, or bad day can separate you from his love and his Spirit. No matter where you go or what you face, God will be with you, guiding you, supporting you, and delighting in you. You are his beloved."



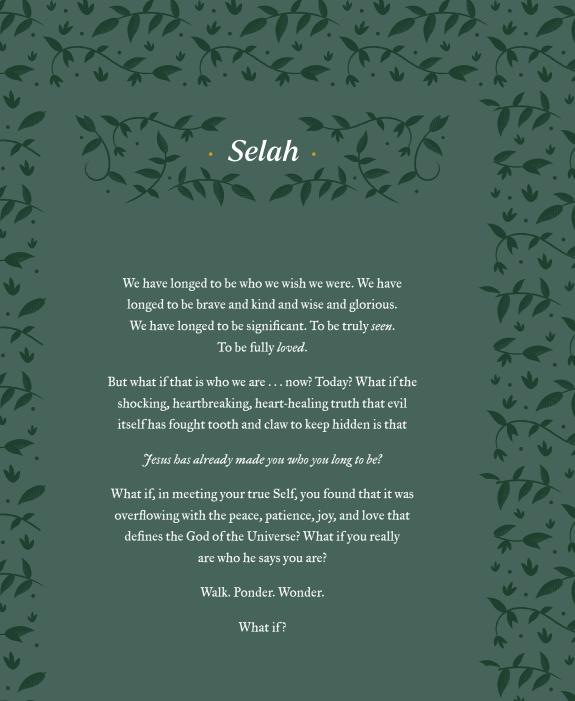
## Horizon Check



**FIRST: Review what you'll read.** Before your next meeting, read Chapter 4: "The Cave" in *The Path*.

**SECOND:** Look ahead to this week's Walk It Out. This session's challenge is to pair up with someone else in your group. (Try to connect with someone you don't know very well yet, or do random pairings.) Text each other every day between now and your next group meeting with an encouragement from one of the verses on the following pages about who they are in God's eyes. Consider taking your phones out right now to exchange numbers and set a daily reminder so you don't forget.

**THIRD: Pray to close your time together.** Before you head back into your everyday lives, pray together. Thank God for being the most lavish, loving, adoring King and Father we could imagine.



#### Walk It Out:

Below is a list of verses that tell us who we are once we decide to follow Jesus. Each day, select a verse to look up and reflect on. What would it look like to trust this truth *today*?

Then, text your partner an encouragement.

(For example: "Hi! I just want to remind you today that you are being refined by God, who loves you. The work is his, not yours. All you have to do is trust him.")

I am a child of God. John 1:12

I am Jesus' friend. John 15:15

I am loved by God as much as Jesus is. John 17:23, 26

*I am beloved.* Romans 9:25

I am chosen. Colossians 3:12

I am a saint. 1 Corinthians 1:2, Ephesians 1:1

I am righteous. 2 Corinthians 5:21

I am holy and blameless. Ephesians 1:4

I am complete in Christ. Colossians 2: 9-10

I am free from condemnation. Romans 8:1

I cannot be separated from God's love. Romans 8:38–39

I am being refined by God. Philippians 1:6

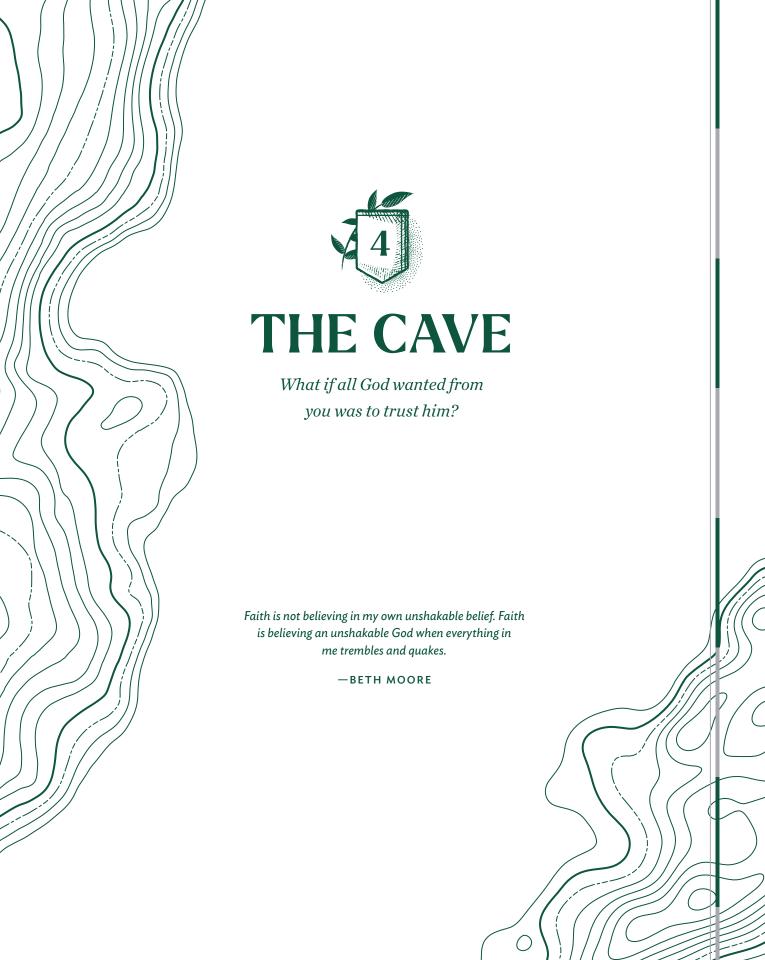
I have everlasting life. John 5:21

I am God's temple. 1 Corinthians 3:16

I am a new creation. 2 Corinthians 5:17

I have been adopted as God's child. Ephesians 1:5-6

I am God's masterpiece. Ephesians 2:10



[40 min]

# Base Camp



**FIRST: Pray to open your time together.** Quiet your minds and bodies to tune in to the Holy Spirit.

[10 min] **SECOND: Check in with each other.** Respond to one of these questions:

- 1. How are you coming into today's time together?
- 2. How did the **Walk It Out** challenge go for you and your partner? Has anything you sent to them or received from them felt impactful?
- [5 min] THIRD: Watch the video "The Cave" together by scanning the QR code.



[25 min] **FOURTH: Dig in with discussion.** Pick the questions below that feel most relevant for your group and discuss them together.

- 1. What resonated with you the most in "The Cave" chapter or video?
- 2. Do you identify more with the Field Settlers or the Rockface Scalers?
- 3. Trusting God is more challenging than either settling or striving. Where have you experienced that in your life?
- 4. In which areas of your life is it easiest for you to enter the Cave and trust Jesus? In which areas is it most challenging?
- 5. Have you ever felt guided by God? If so, what were the circumstances and how did you sense his direction?



## New Terrain



[ $\mathfrak{s}$  min] FIRST: Designate three separate areas of the room that will represent the following:

- » The Field, where you passively accept the status quo as "good enough."
- » The Rockface, where you muscle your way forward, striving to be better by your own effort.
- » The Cave, where you trust that Jesus will lead the way.

If needed, you can quickly scribble signs or grab things nearby as props to help everyone remember what each area of the room represents.

#### $\begin{bmatrix} 20 & min \end{bmatrix}$

**SECOND:** Embody where you are—the Field, Rockface, or Cave—in different areas of your life. This activity requires you to stand up and move, so get on your feet! One person will read the list below one at a time. For each, everyone will move to the area of the room that represents where they feel like they are "camped out" in that part of their life.

For example, you might trust Jesus with your career, so you'd walk to the Cave, but you're trying to manage your finances on your own, so you'd walk to the Rockface. You might even pace between two areas—like in your dating life, you might alternate between the passivity of the Field and the trust of the Cave.

Are you kicked back in the Field, grasping your way up the Rockface, or cautiously trusting God in the Cave with regard to your...

- » Physical Health
- » Career/Job
- » Romantic Relationships
- » Family Relationships
- » Fitness
- » Dreams/Aspirations
- » Housing/Living Arrangements
- » Spiritual growth
- » Significance
- » Time (and how to spend it)
- » Money/Financial Security
- » Leisure/Relaxation
- » Worth

#### [20 min]

#### THIRD: Debrief and decide on a next step. As a group, discuss:

- 1. What stood out to you from this activity?
- 2. Is there any part of your life where you'd like to move toward the Cave?
- 3. What makes it hard to trust Jesus in this area?
- 4. What is one thing you could do this week to trust Jesus more in that area of your life? Write this down in your **Walk It Out** section.



## Horizon Check



**FIRST: Review what you'll read.** Before your next meeting, read Chapter 5: "The Wound" in *The Path*.

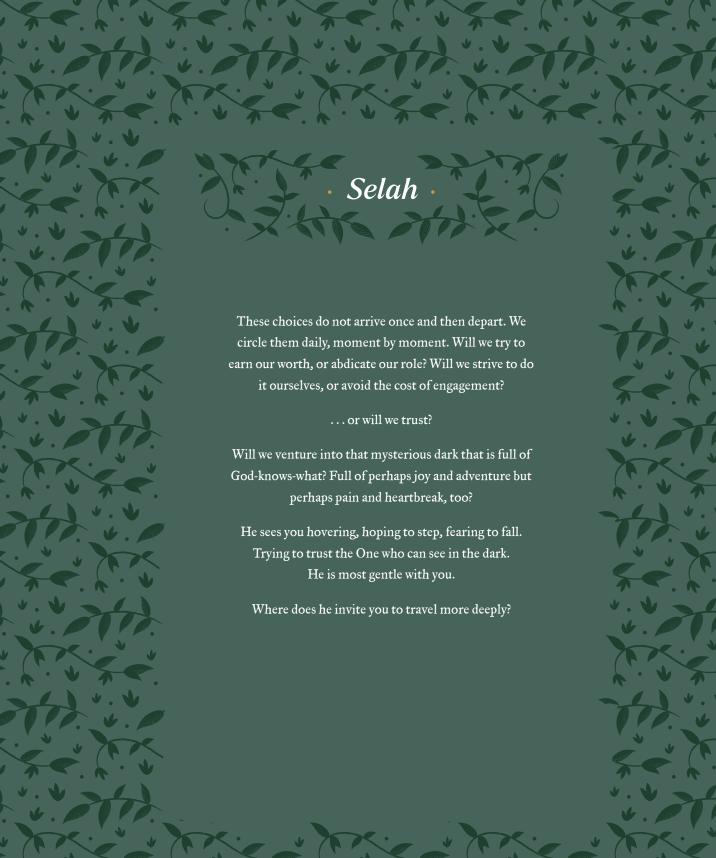
**SECOND: Plan your next gathering.** The activity next time requires a few supplies:

- » Washable markers
- » Bucket or large bowl (to hold water)
- » Washcloth
- » Hand towel

Does anyone have these items at home? Is anyone willing to be responsible for getting what you don't already have? Make a plan (and set reminders!) so you have these supplies on hand next time.

**THIRD:** Encourage each other to put this into practice. This session's Walk It Out challenge—to complete on your own before next time—is to reflect on Psalm 23 (you can find it on the following pages) and take the step you identified. Remember, we have to experience truth to really trust it!

**FOURTH: Pray to close your time together.** Before you head back into your everyday lives, pray together. Thank God for going ahead of each of you, illuminating the way to follow him in the Cave.



## Walk It Out:

One step I could take	to try trusting	Jesus more with	in my life
One step i could take	, to try trusting	JUSUS IIIUIU WIUI	

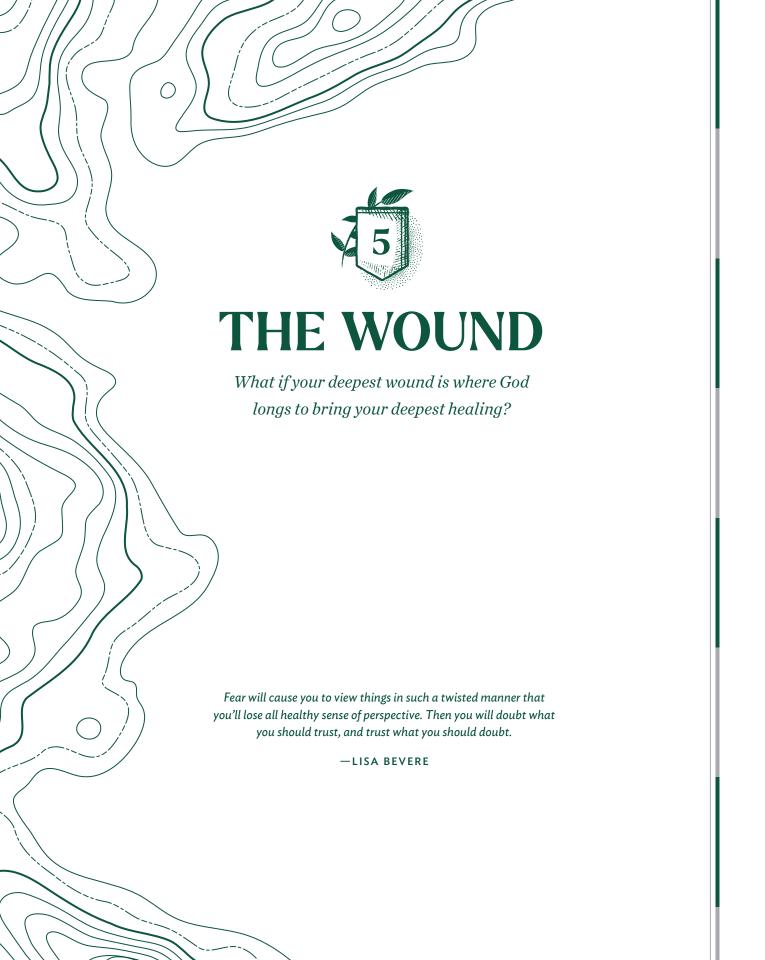
Reflect on this passage one (or more!) times before your group gathers for the next session. When you do, try reading it out loud. Hearing yourself say these stirring words about God can be a powerful experience.

#### Psalm 23 (NLT)

- <sup>1</sup> The LORD is my shepherd;
- I have all that I need.
- <sup>2</sup> He lets me rest in green meadows; he leads me beside peaceful streams.
- <sup>3</sup> He renews my strength. He guides me along right paths, bringing honor to his name.
- <sup>4</sup> Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff

protect and comfort me.

- You prepare a feast for me in the presence of my enemies.You honor me by anointing my head with oil.
- My cup overflows with blessings.
- <sup>6</sup> Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever.





# Base Camp



**FIRST: Pray to open your time together.** Ask God to give you the courage to be vulnerable and the patience to be tender with one another during this gathering and beyond.

- [  $1 \circ min$  ] **SECOND: Check in with each other.** Respond to one of these questions:
  - 1. How are you coming into today's time together?
  - 2. What was it like to try to trust Jesus more with the area you identified last session?
- [ $\mathfrak{g}$  min] THIRD: Watch the video "The Wound" together by scanning the QR code.



[20 *min*] **FOURTH: Dig in with discussion.** Pick the questions below that feel most relevant for your group and discuss them together.

- 1. What had the biggest impact on you in "The Wound" chapter or video?
- 2. Have you ever felt like Tal, struggling to keep up with other followers of Jesus? What were you trying to achieve (or avoid)?
- 3. In which areas of your life is the "Shamesong" the loudest? Where do you feel like others have it all together while you've fallen behind?
- 4. What kinds of things are you comfortable being transparent about (telling others about your wound), but struggle to be *vulnerable* with (letting others help tend your wound)?
- 5. When you imagine telling God the things you feel shame about and letting his love heal you, what thoughts or feelings come up for you?



## New Terrain



[iomin]

FIRST: Spend some time looking back. Like Tal, we have all endured wounds throughout our lives. Sometimes these wounds cut so deep that infection rages, leaving us with lingering pain. Read the list of shame statements below (adding your own if needed) and put a check next to any you relate to. Next, put a checkmark next to the emotions that come up for you with these statements. If there are specific memories attached, jot down a note about what you recall.

SHAME STATEMENT	EMOTION	MEMORY
<ul> <li>» I'm not good enough.</li> <li>» I deserve the bad things that happen to me.</li> <li>» I am stupid/not smart enough.</li> <li>» I don't fit in/belong.</li> <li>» It's not okay to feel or show my emotions.</li> <li>» My body is a problem I should fix.</li> <li>» I am insignificant/unimportant.</li> <li>» I have to be perfect.</li> <li>» I am a disappointment.</li> <li>» I am not lovable.</li> <li>» I'm only as good as my achievements.</li> <li>» I am weak/powerless.</li> <li>» I should have known better.</li> <li>» I cannot trust others/myself/my judgment.</li> <li>»</li></ul>	<ul> <li>» Fear</li> <li>» Shame</li> <li>» Guilt</li> <li>» Helpless</li> <li>» Anger</li> <li>» Grief</li> <li>» Lonely</li> <li>» Sadness</li> <li>» Anxiety</li> <li>» Confusion</li> <li>» Disgust</li> <li>» Numb</li> <li>» Rejection</li> <li>» Vulnerable</li> <li>» Lost</li> <li>» Shock</li> <li>»</li> <li>»</li> <li>»</li> <li>»</li> </ul>	

[40 min]

#### SECOND: Begin letting your wounds heal by allowing others to tend to them.

Grab the washable markers, bowl of water, and towels that you gathered for this meeting. You are going to go around the circle and, one at a time, share one of the shame statements you just identified. Do you recall what happened? How does this wound show up in your life today? As you talk, draw an X on your hand to represent the wound.

After you have shared, the person to your right will wash your hand clean with the towel and water as they say to you:

"Jesus died not only for your sins, but for your shame, too. This is not who you are.

You are his son/daughter, you are clean and holy, and you are beloved."

Remember that talking about our wounds is a vulnerable, sacred step. Be gentle with each other. Simply listen, bear each other's pain, and celebrate the courage it takes to let others see and tend to our wounds.

[5 min]

## Horizon Check



**FIRST: Review what you'll read.** Before your next meeting, read Chapter 6: "The Gathering" in *The Path*.

**SECOND: Plan your next gathering.** The activity next time requires something to cover a person's eyes. Does anyone have an eye mask, bandanna, or anything else that can be used as a blindfold? Make a plan (and set a reminder!) so you have an eye covering on hand next time.

**THIRD:** Encourage each other to live out this truth. This session's Walk It Out challenge—to complete on your own before next time—is to look back at the list of wounds. Select one that you connect with and use the guided questions to talk with God about this shame statement. Then, reflect on 1 Peter 2:22–25 on the next page. Share this challenge out loud so everyone knows what to try to do before you gather again.

**FOURTH: Pray to close your time together.** Before you head back into your everyday lives, pray together. Invite God to continue tending the wounds you have reflected on.



Listen. Do you hear it? Rasping on the edges? Slithering through the familiar waters? Wrapping quietly around your heart?

We hum along, preferring the tune we know. The tune we have been taught. Even as it drags its claws along our minds, we sing the oozing harmony. We let it fill us, memorizing its notes, its rises and falls.

We sing the cruel melody back to ourselves.

But listen. Do you hear it, rising, gathering, shining? There is another song. Deeper than the foundations of the earth, stronger than the universe itself, more beautiful than human words will ever be able to grasp.

It is the eternal song of love, sung through the ages and the cosmos and your very soul.

Which melody will you sing?

## Walk It Out:

Look back at the list of wounds you considered during the group meeting. Choose one that you still carry and write it here:

Now we'll spend some time in prayer asking what God has to say about this. We'll be using a process similar to what Jamie Winship outlines in his book, *Living Fearless*. Use the spaces below to write any notes or reflections.

- » First, close your eyes and imagine meeting Jesus in your favorite place.
- » Then, tell Jesus the shame statement that you believe. Be as honest and unrehearsed as possible.
  "Jesus, I'm afraid I'm \_\_\_\_\_\_."
- » Imagine handing this statement over to Jesus. What does he do with it?
- » Ask Jesus, "What do you want me to know about this lie?"
- » Last, ask Jesus, "Now that I've handed you this lie, what truth do you want to share with me?"

Read this passage as a declaration of healing. Reflect on the truth that by Christ's wounds, yours are healed!

#### 1 Peter 2:22-25 NLT

- <sup>22</sup>He never sinned, nor ever deceived anyone.
- He did not retaliate when he was insulted,
   nor threaten revenge when he suffered.
   He left his case in the hands of God,
   who always judges fairly.
- <sup>24</sup> He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed.
- <sup>25</sup> Once you were like sheepwho wandered away.But now you have turned to your Shepherd,the Guardian of your souls.



# THE GATHERING

What if God designed you specifically for friendship?

They reminded me that Christianity isn't meant to simply be believed; it's meant to be lived, shared, eaten, spoken, and enacted in the presence of other people. They reminded me that, try as I may, I can't be a Christian on my own. I need a community.

-RACHEL HELD EVANS

[40 min]

# Base Camp



**FIRST: Pray to open your time together.** Celebrate the community you've created within your group and ask God to strengthen your connection as you travel together.

[  $1 \circ min$  ] **SECOND: Check in with each other.** Respond to one of these questions:

- 1. How are you coming into today's time together?
- 2. Have you experienced any further insight or healing for the wounds you surfaced last time? What has stayed with you?
- [5 min] THIRD: Watch the video "The Gathering" together by scanning the QR code.



[25 min] **FOURTH: Dig in with discussion.** Pick the questions below that feel most relevant for your group and discuss them together.

- 1. What stood out to you most in "The Gathering" chapter or video?
- 2. Have you ever faced betrayal or deep hurt from friends? Did you try to ignore the pain and detach emotionally like Tal, or did you confront it directly?
- 3. What are the benefits you see in being part of a community of believers? What makes you hesitant?
- 4. What does community look like in your life right now? Who are the people or groups you feel connected to?
- 5. Is the Spirit prompting you to reconcile or seek healing in a particular relationship? How do you feel about acting on that prompting?



## New Terrain



[5 min]

**FIRST:** Establish some obstacles that you'll practice getting around with help from friends. We like to think that we can do life on our own. In many cultures, this is actually the ultimate achievement—total individual autonomy. However... we're not made for this. We're made for *interdependence*, instead of either dependence or independence. We need to be our own person *and* be connected with others. To practice this, set out some obstacles you'll navigate around while blindfolded. Chairs, ottomans, sofas, cardboard boxes, and big pillows will all work. You want things you can run into without anyone ending up in the emergency room!

- [20 min] SECOND: Practice independence, then interdependence. Have one person put on a blindfold. Once your eyes are covered, the rest of the group will rearrange the obstacles so you don't know where they are. Try to walk across the room without touching anything—the first time with no help from the group, the second time with the group's guidance. Continue until everyone has had a turn.
- [5 min] Third: Reflect on who guides you in your own life. Life can sometimes feel like this exercise—we run into obstacles we didn't expect and try to navigate them on our own.

  Take a few minutes individually to reflect on the questions below and fill in the boxes:
  - 1. Who has gone ahead of you in navigating some of life's challenges and can lead you? This might look like mentors, teachers, leaders, etc.
  - 2. Who do you trust to walk beside you in life's difficulties? These might be close friends or peers.
  - 3. Last, who could you help guide as they follow after you? This might be mentees, younger siblings, new coworkers, etc. Here's a tip: often those that seem "behind" us have a ton of wisdom to share, and can help guide us, too!

Follows me:	BESIDE ME:	AHEAD OF ME:

[15 min]

**FOURTH: Share your thoughts with the group.** Do people get to speak into your decisions and path, or do you try to travel alone? Does it vary in different areas of your life? Talk through what this looks like in your life and who is behind, beside, and ahead of you.

[5 min]

## Horizon Check



**FIRST: Review what you'll read.** Before your next meeting, read Chapter 7: "The Gifts" in *The Path*.

**SECOND:** Encourage each other to walk in the way of Jesus. God tells us that it is not good for us to be alone. What is one way that you can practice trusting what he says and invest in relationships this week? It could be getting together one-on-one with someone, attending a church gathering, planning an activity and inviting others along, reaching out to someone new, or something else. This session's **Walk It Out** challenge is to pick something and do it! Then, reflect on 1 Corinthians 12:12–27.

**THIRD: Pray to close your time together.** Before you head back into your everyday lives, pray together. Celebrate and thank God for the community you have already experienced within your group.

## Selah

You may let others see your house. Look in your windows. Perhaps even view—from afar—that vase that you mended or the laundry you have yet to fold and put in its place. They can see, but not touch. Stop by, but not enter. Understand, but certainly not handle.

Transparency at its finest.

But perhaps you trusted someone enough to let them enter. To walk on your floors with shoes that might carry their own dust.

To get close enough to that vase to see there are still jagged cracks in it.

To even reach out and touch it as you hold your breath, wondering if they will smash it to pieces or tenderly help you mend it.

Vulnerability at its most glorious and terrifying.

Who is allowed in the house of your heart?
Who might you—despite the nervous beat of your heart—invite inside?

### Walk It Out:

Give some thought to how you'd like to practice investing in relationships this week.

- » Who is one person in your community you can connect with this week?
- » How can you invest in your relationship with them?
- » What will get in the way of this? (Try talking about it with God and listen for his response.)

Then, take some time to read and reflect on the following passage in whatever way fits you best.

#### 1 Corinthians 12:12-27 (NLT)

<sup>12</sup>The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ. <sup>13</sup>Some of us are Jews, some are Gentiles, some are slaves, and some are free. But we have all been baptized into one body by one Spirit, and we all share the same Spirit.

<sup>14</sup>Yes, the body has many different parts, not just one part. <sup>15</sup>If the foot says, "I am not a part of the body because I am not a hand," that does not make it any less a part of the body. <sup>16</sup>And if the ear says, "I am not part of the body because I am not an eye," would that make it any less a part of the body? <sup>17</sup>If the whole body were an eye, how would you hear? Or if your whole body were an ear, how would you smell anything?

<sup>18</sup> But our bodies have many parts, and God has put each part just where he wants it. <sup>19</sup> How strange a body would be if it had only one part! <sup>20</sup> Yes, there are many parts, but only one body. <sup>21</sup> The eye can never say to the hand, "I don't need you." The head can't say to the feet, "I don't need you."

<sup>22</sup> In fact, some parts of the body that seem weakest and least important are actually the most necessary. <sup>23</sup> And the parts we regard as less honorable are those we clothe with the greatest care. So we carefully protect those parts that should not be seen, <sup>24</sup> while the more honorable parts do not require this special care. So God has put the body together such that extra honor and care are given to those parts that have less dignity. <sup>25</sup> This makes for harmony among the members, so that all the members care for each other. <sup>26</sup> If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad.

<sup>27</sup>All of you together are Christ's body, and each of you is a part of it.





# Base Camp



**FIRST: Pray to open your time together.** Quiet your minds from the noise of everyday life as you engage with one of the spiritual rhythms Jesus followers have practiced for millennia: prayer.

[5 min] **SECOND: Check in with each other.** Respond to one of these questions:

- 1. How are you coming into today's time together?
- 2. Did you have the chance to invest in a relationship this week? Why or why not? (It can be tempting to listen to the Shamesong here; tune your ear to the Windsong instead!)
- [5 min] THIRD: Watch the video "The Gifts" by scanning the QR code.



[30 *min*] **FOURTH: Dig in with discussion.** Pick the questions below that feel most relevant for your group and discuss them together.

- 1. What resonated with you the most in "The Gifts" chapter or video?
- 2. How were spiritual practices—like prayer, worship, fasting, and reading scripture—explained to you when you first learned about them?
- 3. If you've tried to regularly practice any of the Gifts, what was that experience like? Did you hear more of the Shamesong or the Windsong as you practiced?
- 4. Which would you guess needs more training: your "doing" muscles or your "not doing" muscles?
- 5. How are the Gifts experienced differently when you're in the Rockface of Striving, the Field of Passivity, and the Cave of Trusting? (For example, if you viewed reading scripture in the Rockface of Striving, you might think that you have to read more in order to be more righteous. Or, if you viewed prayer in the Field of Passivity, you might say, "I don't need to pray—God already knows it all anyway!")



## New Terrain



[IO min]

**FIRST: Read through the common spiritual practices together.** Spiritual practices can be broken down into two categories, which we call "Gifts of Being" and "Gifts of Engaging."

- **1. GIFTS OF BEING:** These are practices where you step away from certain activities in order to delight in God. We practice *not* doing. We practice trusting and receiving God's love. If you find yourself typically drawn to the Rockface of Striving, Gifts of Being might be especially difficult—and especially powerful—for you.
  - » Solitude: Spending time alone with God away from distractions.
  - » Silence: Refraining from speaking or engaging with noise to focus on God.
  - » Fasting: Abstaining from food (or other things) to seek spiritual strength and clarity.
  - » Frugality: Simplifying life by reducing reliance on material possessions.
  - » Chastity: Refraining from sexual activity for spiritual purposes.
  - » Sacrifice: Giving up something valuable to focus on God's provision.
- **2. GIFTS OF ENGAGING:** These gifts help us engage in activities to grow in our love of God and others. For those of us who lean more towards the Field of Passivity, we might wrestle with using these "doing" muscles, making Gifts of Engagement deeply impactful for us. These practices help us strengthen our faith, deepen our understanding of God's truths, and build a supportive community of believers.
  - » Study: Engaging with Scripture and other texts to grow in knowledge and understanding of God.
  - » Worship: Actively expressing love and reverence for God.
  - » Celebration: Rejoicing in God's goodness and grace, often with others.
  - » Service: Helping and serving others as a way to reflect God's love.
  - » Confession: Acknowledging the truth of our sins to God and others.
  - » Prayer: Communicating with God, both through sharing and listening.
  - » Fellowship: Building community with other believers.

[5 min] SECOND: Spend some time in prayer, asking what Gift or practice God is inviting you to experience. You can look back over the practices listed above and use the script below to help guide you if helpful. Leave space and time to simply listen.

God, I know that you are always inviting me to experience more of you and more of your Kingdom. You have so much for me. What practice are you inviting me to trust you with?

[20 *min*] **THIRD: Get into groups of two or three.** Share what you sense God might be inviting you into personally and talk through the questions below.

- 1. What practice do you think God is inviting you to experience?
- 2. What would that look like in your life over the coming weeks?
- 3. What do you imagine would get in the way of that logistically?
- 4. Why is this difficult for you emotionally?
- 5. How can we encourage you?
- **FOURTH: Share as a group.** Come back together and share what you want to step into this week.



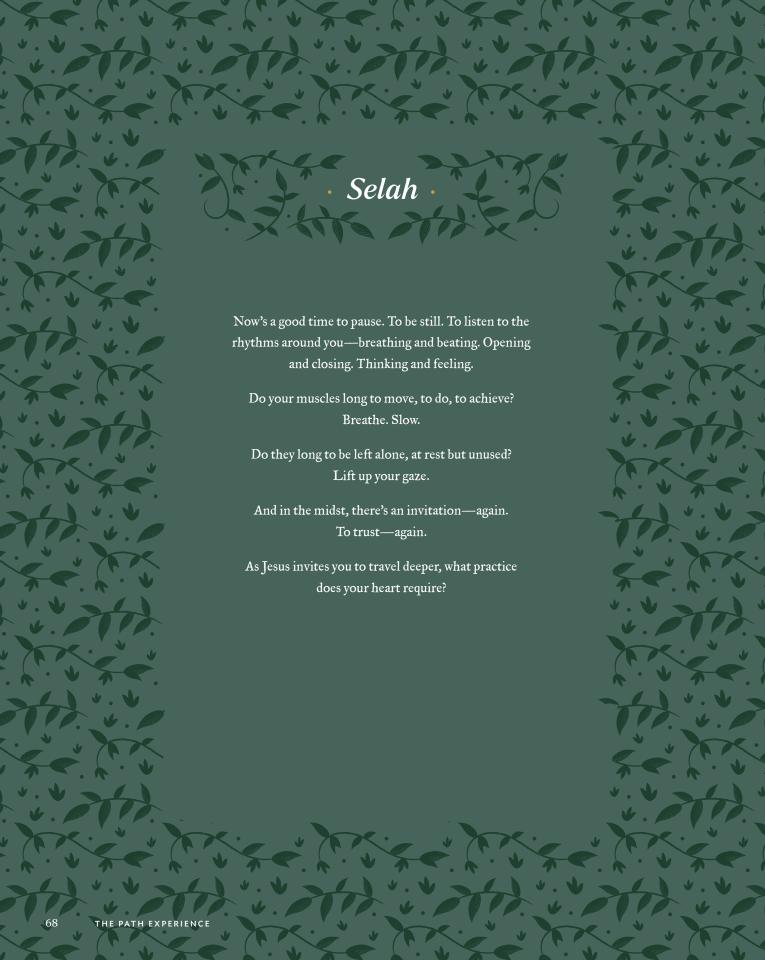
## Horizon Check



**FIRST: Review what you'll read.** Before your next meeting, read Chapter 8: "The Story" in *The Path*.

**SECOND:** Encourage each other to live these truths out this week. This session's **Walk It Out** challenge is to engage with the Gift you identified earlier. Set reminders to encourage each other as you try to put these different Gifts into practice!

**THIRD: Pray to close your time together.** Before you head back into your everyday lives, pray together. Celebrate and thank God for the Gifts we can use to experience him.



# Walk It Out:

Use this space to take notes as you practice the spiritual rhythm you chose or to jot down a reflection afterward. How did it go? What did it teach you about God? What did it teach you about yourself? Did you hear the Shamesong at any point? What about the Windsong?



Every day we wake up in the middle of something God is already doing.

-EUGENE PETERSON

[35 min]

# Base Camp



**FIRST: Pray to open your time together.** Take a moment to think about your parents. Then your grandparents. Then your great-grandparents. Then *their* great-grandparents! Can you imagine how many tiny moments and chance encounters had to come together for you, right here, to exist? Thank God for the miracle of each person in your group.

[IO min] **SECOND: Check in with each other.** Respond to one of these questions:

- 1. How are you coming into today's time together?
- 2. What was surprising, challenging, or impactful about practicing a spiritual rhythm?



[20 min] **FOURTH: Dig in with discussion.** Pick the questions below that feel most relevant for your group and discuss them together

- 1. What stood out to you most in "The Story" chapter or video?
- 2. Have you experienced a season of suffering? As you reflect on it now, what stands out to you?
- 3. How would you describe your current season of life? What do you think God might be inviting you to learn or practice within it?
- 4. Are there any longings—small or large—that you think God might have put in your heart? How does it feel to say them out loud?
- 5. God has made *you* on purpose. What are some of the unique passions, strengths, or desires he has created you with?



# New Terrain



How do we begin learning more about how God has uniquely crafted us? There are several ways, but we're going to engage with two practices today.

[5 min]

**FIRST: Spend some time in listening prayer.** Ask the Father to share how he has uniquely designed you. Ask him how he sees you. Confess the lies that hold you back from believing him and ask him to replace them with truth. Then, give yourself time and quiet to listen. He speaks differently to each of us, so jot down any thoughts, impressions, words or pictures that come to your mind, even if they feel surprising or difficult to believe.

Thank you, Father, that you love me so much and have so much for me. I pray that you would silence the Shamesong of the enemy as I listen to you speak. I know that you have made me as me on purpose, and that you are always teaching me more about what that means. Today, Jesus, what do you want me to know about my unique identity?

#### [15 min] SECOND: As a group, share what this experience was like for you.

[30 min] Third: Spend some time affirming one another. True and trusted friends can offer you counsel on how they see you, how they believe the gifts and passions God has put in you were meant to serve others, and encourage you along your walk. One way we can do that is through affirmation. Here's how it works:

- 1. Get in pairs or groups of three.
- 2. On the top of the next page, write down the name of the person you are affirming in the space provided.
- 3. Take some individual time to circle all the words you believe to be true about this person (as many as you want!). You can also add ones that aren't on the list.
- 4. Then write the **top five words** that you think best describe your friend in the box provided. You can also jot down notes or examples that will reinforce your thoughts.
- 5. Come back together. Share your top five answers, reinforcing your affirmations with examples if you have them.
- 6. When you are on the receiving end of the exercise, do not counter what is being said! This is the other person's opportunity to share their perspective on you.
  No negative statements or disagreements are allowed. Instead, listen intently and focus on letting it soak in.
- 7. After you have affirmed your friend, ask them the following questions:
  - a. What did you hear from me?
  - b. How did what you hear affect you?
- 8. Then, switch and let the other person share.

What I believe to b	oe true about				
Accepting	Adaptable	Adventurous	Affirming	Analytical	
Artistic	Authentic	Authoritative	Bold	Caring	
Charismatic	Comforting	Committed	Communicative	Compassionate	
Connected	Courageous	Creative	Decisive	Dependable	
Detail-oriented	Determined	Discerning	Disciplined	Encouraging	
Energetic	Entrepreneurial	Faithful	Festive	Flexible	
Focused	Fun-loving	Generous	Gentle	Genuine	
Gifted	Goal-driven	Good	Gracious	Gutsy	
Helpful	Honest	Honorable	Humble	Humorous	
Imaginative	Influential	Initiating	Inquisitive	Insightful	
Inspiring	Intelligent	Inventive	Joyful	Kind	
Knowledgeable	Loving	Loyal	Mature	Motivating	
Musical	Nurturing	Observant	Optimistic	Organized	
Original	Passionate	Pastoring	Patient	Peacemaking	
Persuasive	Pioneering	Poetic	Positive	Powerful	
Practical	Precise	Protector	Purposeful	Relational	
Respectful	Risk-taking	Sacrificial	Scholastic	Secure	
Self-controlled	Selfless	Service-oriented	Spiritual	Spontaneous	
Stable	Steady	Strong	Successful	Sympathetic	
Talented	Teachable	Thoughtful	Tolerant	Trustworthy	
Verbal	Visionary	Welcoming	Wild-at-heart	Winsome	
Wise					
Top Five					
Above all, I think y	ou are				
1.	4				
2		5.			
3					
Notes:					

Accepting	Adaptable	Adventurous	Affirming	Analytical
Artistic	Authentic	Authoritative	Bold	Caring
Charismatic	Comforting	Committed	Communicative	Compassionate
Connected	Courageous	Creative	Decisive	Dependable
Detail-oriented	Determined	Discerning	Disciplined	Encouraging
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Gifted	Goal-driven	Good	Gracious	Gutsy
Helpful	Honest	Honorable	Humble	Humorous
Imaginative	Influential	Initiating	Inquisitive	Insightful
Inspiring	Intelligent	Inventive	Joyful	Kind
Knowledgeable	Loving	Loyal	Mature	Motivating
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Respectful	Risk-taking	Sacrificial	Scholastic	Secure
Self-controlled	Selfless	Service-oriented	Spiritual	Spontaneous
Stable	Steady	Strong	Successful	Sympathetic
Talented	Teachable	Thoughtful	Tolerant	Trustworthy
Verbal	Visionary	Welcoming	Wild-at-heart	Winsome
Wise				
TOP FIVE				
Above all, I think y	you are			
1.		4.		

What I believe to be true about \_\_\_\_\_

Notes:

**FINALLY: Pray together.** If your group feels comfortable doing so, reach out to each other and link hands or grab shoulders. Then, go around the circle and pray for the person to your right. Thank God for their miraculous life and bless the destinies ahead of them. (If you feel nervous about praying out loud, that's okay! Just keep it simple: "God, thank you for (NAME). I celebrate the strengths and gifts you have wired in them. And I pray for the perfect way you will direct them toward the lifelong destiny you have set for them.")

[5 min]

# Horizon Check



**LAST: "Walk It Forward" as a group.** This was our last official meeting on *The Path*, but there is a lifetime of journeying still to do! Use this Horizon Check time to decide what is next for your group. Additional Trueface small group studies and books are on the following pages if you need any ideas.

It has been wonderful journeying alongside you on *The Path*. The Spirit has many more adventures waiting for you. Go and live!



Go and live.

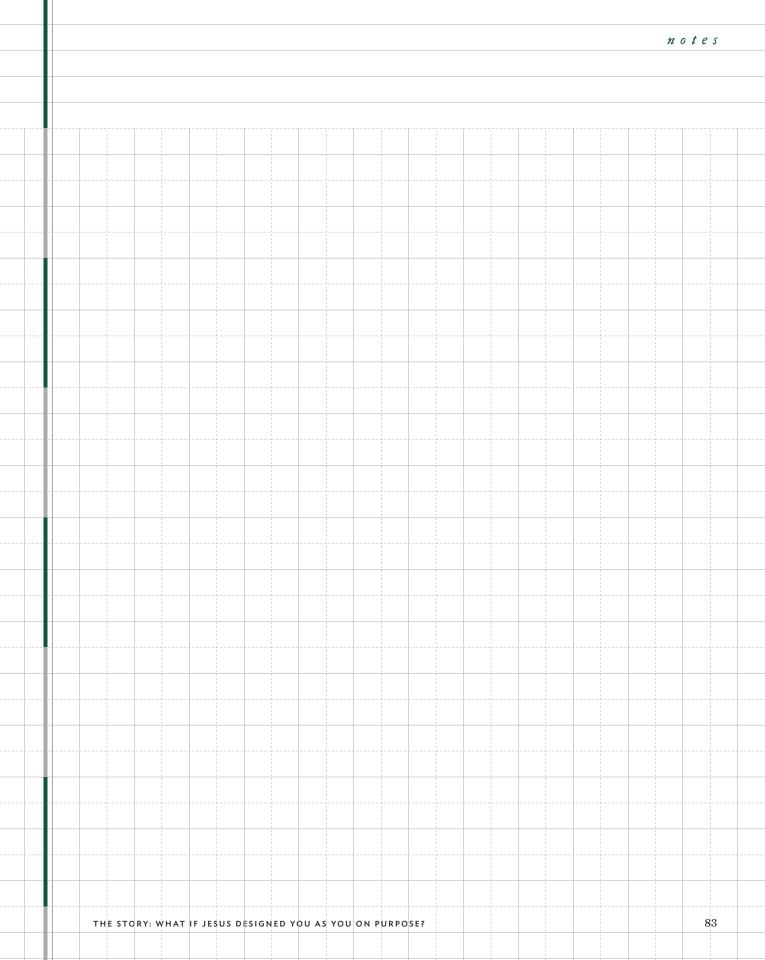
Go and live!

You are free, you are new, you are loved!

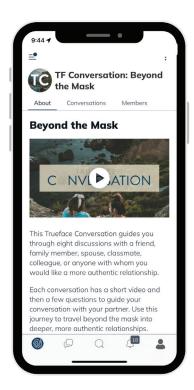
You are made for glory and good and deep joy!

You are safe to try and fail and dream
and belt out the song of your life as your Father
surrounds
and sustains
and sings over you.

Go and live!



# Want to go deeper with a friend? Check out **Beyond the Mask: A Trueface Conversation!**



When great small groups happen, great individual friendships naturally emerge. As people grow closer within the group and feel authentically known, these connections can deepen into real, lasting relationships.

This is where **Trueface Conversations** can be a game-changer.

- » The eight discussions allow for investment through simple, meaningful conversations.
- » Friendships grow closer organically, without feeling forced or rushed.
- » There's no sense that anyone is trying to fix anyone else's problems; the focus is on being present, not prescriptive.
- » They require less time commitment, making it easier for those with busy schedules.
- » There's no expectation of deep biblical knowledge—just a willingness to show up and be real.



Start the conversation.



## **Author Bios**

#### **ROBBY ANGLE**

Robby serves as the President and CEO of Trueface. He and his wife, Emily, are parents to eight children, living in Dawsonville, GA. Previously, they served with Samaritan's Purse in Pakistan and Myanmar, leading international disaster response teams. Robby later directed Adult Ministry Environments and Men's Groups at North Point Community Church in Atlanta for over seven years. He holds a Master's in Community Counseling from Appalachian State, a business degree from the University of Florida, and a Certificate in Biblical Studies from Dallas Theological Seminary.

#### **BRITTANY COULSON**

Brittany serves as the Director of Content for Trueface and as a Licensed Associate Counselor for the Mederi Group in Phoenix, Arizona. She specializes in individuals who have undergone trauma, particularly those in their twenties. Previously, Brittany worked internationally as a conservationist and continues to be passionate about the mental health needs of those who care for the earth. She holds a degree in biology from Pepperdine University, a Masters in Conservation Science from Imperial College London, and a Masters in Counseling from Arizona State University.

#### **BENJAMIN CRAWSHAW**

Benjamin serves as the Director of Member Engagement for Trueface. Previously, he has headed up the content development for The Rocket Company, a church resourcing organization, as well as leading the student initiative (XP3 Students & High School Camp) at the reThink Group. Prior to this, Benjamin also served as the Creative Director of High School Ministry at North Point Community Church. He holds a degree in English from Lee University in Cleveland, TN.

#### **BRUCE MCNICOL**

Dr. Bruce McNicol serves as the founding partner and President Emeritus of Trueface. Leaders in all spheres of influence have found God's lasting resolution for their life issues and key relationships as they have journeyed with Bruce. With degrees in finance law, theology, leadership, and organizational development, Bruce's gifting to write to diverse readers and leaders has proved true in the best-sellers he has co-authored, including *The Cure, The Ascent of a Leader, Bo's Café* and others. Audiences in various countries continue discovering hope and freedom from Bruce's story-driven, biblically-anchored teaching.



## **About Trueface**

Since 1995, Trueface has equipped people to discover the joy and peace of living beyond the mask and building trust in God and others. It is our prayer to see a world transformed by followers of Jesus experiencing the freedom of living fully alive.

Today's culture has perfected the art and science of creating masks. Behind these masks, people are dying inside. They're disconnected with God and others. We're here to change that! **Our mission is to equip people to understand who God says they are and experience authentic community.** 

We hope to be a bridge for individuals and groups to encounter the peace and freedom of the original good news by trusting God and others with their whole selves. **Our vision is to see tens of thousands of high-trust communities connecting relationally and growing spiritually.** 

Join the Trueface Community in the **Trueface Life App** (available in the App Store or Google Play store) to access more free resources, books, studies, and connect with others living the Trueface life. You can also find us on social media:



Instagram: @truefacelife



Facebook: @truefacecommunity



Download the Trueface Life App



# **TRUEFACE**

### Books



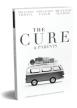
#### **THE CURE**

Unpacking our view of ourselves and our view of God, The Cure invites you to remove your mask and experience God's lavish grace. This flagship book explores identity, community, sin, healing, destiny, and more as you discover that maybe God isn't who you think he is . . . and neither are you.



#### THE CURE FOR GROUPS

Do you want the kind of small group people will talk about the rest of their lives? A practical guide to starting (or re-igniting) your group, *The Cure for Groups* unpacks five Core Components to build a group that's bursting with life, depth, and the kind of life-changing community Jesus modeled for us.



#### THE CURE AND PARENTS

Travel with the Clawson family on their summer vacation as they struggle to navigate their family dynamics. Told partly through narrative and partly through teaching, this resource is for anyone wanting to bring grace to their family.



#### TRUST FOR TODAY

This 365-day devotional invites you to experience grace in your daily life, both in the big moments and the details of life. Use these short readings to incorporate grace into your everyday.



#### THE ASCENT OF A LEADER

Become the leader people want to follow by opening yourself up to the influences that develop character: enduring relationships with friends, family and God. *The Ascent of a Leader* guides you through cultivating extraordinary character in your home, company, community, and every other arena of life.



#### **BO'S CAFE**

When high-powered executive Steven Kerner's bottled pain explodes in his marriage, his carefully curated life crumbles, and he's forced to confront the emptiness beneath his success. *Bo's Café* is a journey of healing, friendship, and the transformative power of grace for anyone longing for a more authentic and fulfilling life.

## Small Group Studies



#### **TWO ROADS**

Explore the first three chapters of *The Cure* in-depth with this small group study. *Embark* is designed to help your group travel beyond the mask and start experiencing real, authentic relationships through videos, discussion questions, scripture and application.



#### **EMBARK**

Our resource for starting a transformational small group, *Embark* is the companion group guide to *The Cure for Groups*. Through videos, discussion questions, and practical group applications, it guides you in creating a small group that's bursting with life, depth, and the kind of authentic community Jesus created us for.



#### **CRAZY-MAKING**

Have you ever kept doing something you don't want to do? We all have these patterns in our lives that we just can't seem to shake. In this four-week study, you'll explore where these patterns come from, why we keep repeating them, and how to stop the crazy and live in the freedom Jesus made possible. **Based on** *The Cure*, **Chapter 4.** 



#### **HEALING RELATIONSHIPS**

We all have experienced the pain of broken relationships, whether we hurt others or they hurt us. While many of us have been told to forgive or repent through gritted teeth and willpower, few of us have been shown how to offer forgiveness or repentance that overflows from our new hearts. Explore the path to freedom and healing Jesus provides in this four-part group study. **Based on** *The Cure*, **Chapter 5.** 

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#### **DIVIDED WE STAND**

How do you love people when you disagree with them? It can be hard to know how to engage with each other when the gap between us feels like it's widening. Jesus modeled what it looks like to love across political, gender, religious, and cultural lines, and he calls us to do the same. This 4-part group study explores how to follow Jesus in loving people with whom you disagree.



#### THE HEART OF MAN PARTICIPANT GUIDE

With contributions from Jackie Hill Perry, Dan Allender, WM Paul Young, Jay Stringer and John and Stasi Eldredge, this Trueface resource guides your group through unpacking and processing *The Heart of Man* movie and how to experience the love of the Father in the midst of our darkest struggles.

