

LIFE GROUPS

DISCUSSION GUIDE

1

These questions are designed to help groups discuss the weekend teaching while building relationships with each other and growing in our faith!

Jan 4th, 2026

WARM UP

1. When you hear the phrase "the good life", what images or idea immediately come to mind for you personally?

(What would go on your t-shirt design?)

2

KNOW IT

1. Read **Matthew 5:3**. What do you think Jesus meant by "poor in spirit"? How is that different from how the world defines strength or success?
2. In Genesis 3, the enemy exaggerates God's restrictions. Where do you still see that same lie at work today?
3. Read **Psalm 32:3-5**. These verses connect unconfessed sin with emotional or even physical heaviness. Why do you think hiding brokenness is so exhausting?
4. Read **1 John 1:8-9**. How do these verses push back against the idea that we can "fix ourselves" or earn God's approval?

3

SHARE IT

1. Are there ways in which you've tried to create the good life on your own? What was the outcome?
2. Which is harder for you personally: Admitting that you're broken, or admitting that you cannot fix yourself? Why?
3. Have you ever experienced freedom or relief after being honest with God (or others) about your brokenness? What changed?

4

LIVE IT

1. What would it look like this week for you to live more *poor in spirit* - more dependent on God?
2. Is there an area of your life where you're still trying to fix yourself instead of receiving God's grace?
3. As we start a new year, what is one prayer you want to pray regularly that reflects, "God, I need you"?