Better, week three: The Struggle Is Real
I Samuel 15

1. What do you think of when you hear the word obedience?
2. Researcher Brene Brown says we are “hardwired for struggle.” What do you think that means? How do you think that’s true for yourself? How do you see that in the people around you?
3. Jenn said we often practice a form of “convenient” or “preferred” obedience, meaning we obey in the most convenient and accessible ways possible. Think of a time when you practiced convenient obedience instead of complete obedience. What happened?
4. Read 1 Samuel 15:1-9. In what ways did Saul obey God’s command? In what ways did he disobey God’s command?
5. Read 1 Samuel 15:10-15. What is Saul doing now that Samuel is asking questions about what happened?
6. What are some ways we justify our own disobedience?
7. Read 1 Samuel 15:16-26. Saul finally sees the trap he walked into, namely **denied disobedience**. In trying to pretend he didn’t do anything wrong, he made everything worse. How would things be different in our culture if we didn’t deny disobedience? How do we confuse our kids when we tell them they are perfect instead of coming alongside them to help them become better?
8. To be obedient, we don’t always have to understand why, but we do need to know we are worthy and we belong. How does knowing those two things change our willingness to be obedient?
9. What is something you can do this week to practice obedience?

***for more, check out Dr. Brene Brown's Ted talk called "The Power of Vulnerability"