

FINDING HEALTHY BALANCE
GOODINTENSION
IN A CULTURE OF EXTREMES

Discussion Guide

Series: Good In Tension

Message: Boldy Speaking vs. Actively Listening

Passages: Exodus 32:19, 33:1–17; Hebrews 4:14–16; John 14:13–14; James 4:2–3

Icebreaker

- In everyday conversations with friends or family, do you naturally tend to speak more or listen more? What makes listening well so difficult in our culture today?

Section 1: Outside the Camp (Exodus 33:1–10)

In Exodus 32–33, the "camp" became filled with static, noise, and the idolatry of the Golden Calf. To hear God clearly and intercede for the people, Moses physically pitched a tent outside the camp, far off from the distraction.

1. What is your "camp" right now? What daily routines, noises, or digital distractions create spiritual static in your life?
2. If prayer has no place, it rarely has a time. Do you currently have a designated "prayer space" (a specific chair, porch bench, desk, or closet)? How does stepping into a physical space help shift your heart to listen?
3. Reading the Room: Read 1 John 4:1 and Exodus 33:7–10. How do grounding ourselves in Scripture and testing impression helps us discern God's true voice from our own internal thoughts?

Section 2: Unfiltered Boldness (Exodus 33:12–17)

Moses didn't come to God with safe, rehearsed religious language. He engaged in raw, audacious prayer—telling God, *"If your Presence does not go with us, do not send us up from here!"*

1. How do you usually talk to God? Do you lean toward polite, sanitized requests, or raw honesty?
2. The sermon noted: *"Bold prayer isn't disrespectful; it's desperate."* What is something in your life right now that requires that level of desperate, unfiltered prayer?

Section 3: Praying "In Jesus' Name" (Hebrews 4:14–16; John 14:13–14; James 4:2–3)

In Exodus 33:8, the Israelites stood at a distance and just watched Moses enter the tent. Because of Jesus, our Mediator, we don't watch from a distance—we are invited directly into the throne room.

1. Read James 4:2–3 alongside John 14:13–14. "In Jesus' name" isn't a magic phrase at the end of a prayer; it's a signature of His authority, character, and will.

- How do we discern whether a prayer request is aligned with Jesus' name vs. our own selfish motives?
- Looking at Moses' prayer in Exodus 33, what was his main focus—God's reputation or his own comfort?

Weekly Application: Building Your Tent

Challenge everyone in the group to commit to one 10-minute prayer exercise every day this week using the two-part rhythm:

Practice (10-Minute Exercise)

- **First 5 Minutes — Bold Speech:** Sit in your tent and dump every raw thought, anxiety, request, and frustration onto God. Name your "Golden Calves" and your fears. Be as honest as Moses.
- **Last 5 Minutes — Active Listening:** Put your hands open on your lap. Stop talking. Hold a single promise (like Exodus 33:14: "My Presence will go with you"). Listen for the Holy Spirit's quiet promptings, conviction, or peace.

Pick Your Spot: Where is your physical "outside the camp" space going to be this week?

Group Prayer

Close your time together by practicing two minutes of total silence as a group—inviting the Holy Spirit to speak peace into your week—before opening the floor for boldness in prayer requests.