



Living From the Inside Out Week 1 – June 7, 2026

LIFEgroup Leaders Guide

Icebreaker Questions:

1. What food combination do you love that others might find strange?
2. What was your favorite childhood cereal, and would you still eat it today?

LIFEgroup Lesson

1. C.S. Lewis said, "If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world." What experiences or realities of heaven do you most long for, and why?
2. Pastor Kimberlee taught that the only way to satisfy the deep aches we feel—such as anxiety, exhaustion, pressure, shame, restlessness, and disappointment—is to fully surrender to the One who can transform us from the inside out. What is one area of your life that you feel God is calling you to surrender more fully to Him?
3. Pastor Kimberlee also said, "People may learn to modify their actions without ever experiencing the true soul-level change and heart transformation that is only found in Jesus. Shallow solutions cannot heal soul-level aches." How would you define "*shallow solutions*" in your own words or what are some examples?
4. Read **Colossians 2:6–7** aloud. As you have become more rooted in Jesus and strengthened in your faith, what changes have you seen in your heart, attitudes, or priorities?
5. On Sunday, we were taught, "Behavior modification can hide what's wrong. It can create the appearance of health, but it cannot remove what's spoiled in the soul," and "External cleanliness cannot heal internal brokenness." How can your own experiences of brokenness help you walk alongside others and point them toward Jesus?