

# Life Group STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP.
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER SUNDAY MESSAGE REVIEW

**NOTE to the Life Group Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

### OPEN IN PRAYER

### STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

### MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

### FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

### CLOSE IN PRAYER

## THIS IS US "Vulnerability"

### Facts:

- Relationship are hard
- People are mean
- We struggle with vulnerability
- These things combined result in us struggling to know people and be known by people.

### Challenge:

- Our relationships with people often mirrors our relationship with God.

*Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord God called to the man, "Where are you?" He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."*

Genesis 3:8-10 (NIV)

*"But whoever loves God, is known by God"*  
(NIV)

1 Corinthians 8:3

*"But now that you know God—or rather are known by God—how is it that you are turning back to those weak and miserable forces?"*  
(NIV)

Galatians 4:9

In order to Know and be Known, you have to be vulnerable.

Vulnerability - The emotion that we experience during times of uncertainty, risk, and emotional exposure. It's having the courage to show up, fully engage, and be seen when you can't control the outcome. Vulnerability minus boundaries is not vulnerability.

- Brene Brown in Dare to Lead

### Three areas we need to be vulnerable

#### 1) Thoughts

*"Lord, you have searched me and known me. You know when I sit down and when I stand up; you understand my thoughts from far away."*

Psalms 139:1-2 (CSB)

#### 2) Feelings/Emotions

### 3) Mistakes

Shame - The intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love, belonging, and connection. "I am bad. I am a mess."

Guilt - The feeling of self-conscious discomfort in response to our own actions, thoughts, or circumstances.

Shame - I am a mistake

Guilt - I made a mistake

*"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast."* Ephesians 2:8-9 (ESV)

*"Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."* James 5:16 (ESV)