



Small Group Guide

Can't Lose, Week 1 – Hello, I Am

ICEBREAKER

Go around the group and finish this sentence without overthinking it:

"When things are not going the way I planned, I tend to..."

DISCUSSION QUESTIONS

Opening Up the Conversation

- 1. The sermon opened with the idea that most of us hate to lose. Where in your life — relationships, work, parenting, your faith — do you feel the most pressure to perform or succeed? How does that pressure affect you?**
- 2. Dave described five things people often feel when life is not going well: failure, confusion, like they are hiding something, fear, and being overwhelmed. Which of those five resonates most with you in this current season? Why?**

Going Deeper into the Text

- 3. John 3:16 describes God giving his Son for "the world" — an all-inclusive gift extended before anyone could earn it. How does it change the way you read that verse to think about it as a gift given before you could do anything to deserve it?**
- 4. Dave said, "I have no trouble believing that God loves you that much. It is a little tougher to believe he loves me that much. Because I know me." Can you relate to that? What makes it difficult to personally receive the love of God even when you intellectually believe it is true?**



Getting Practical

6. Dave said, "You cannot walk in the victory that Jesus wants you to walk in if you are hiding something." Is there an area of your life where hiding has become a habit? What would it look like to take one small step toward openness — with God, with a trusted friend, or with this group?
7. The three truths introduced in the sermon were: I am enough, God loves this version of me right now, and I am loved by God. Which of the three is hardest for you to believe on a daily basis? What has shaped that struggle?

PRACTICAL APPLICATIONS

Choose at least one of the following to practice before your group meets again:

- **Daily Reminder:** Write "Loved by God" somewhere you will see it every morning — a mirror, a phone lock screen, a notecard in your car. When you see it, pause and say it out loud. Notice what resistance or emotion comes up.
- **Honest Conversation:** Identify one person in your life — a spouse, a close friend, a small group member — with whom you can be honest about something you have been hiding or carrying alone. Take a step toward that conversation this week.
- **Scripture Reflection:** Read John 3:16-17 slowly every day this week. Each day, substitute your own name where the word "world" appears. Journal what comes up as you do.
- **Share It:** Find one opportunity this week to tell someone — a neighbor, a coworker, a stranger — that God loves them. It does not have to be a long conversation. Just look for the open door.