



Being Human

Finding freedom
from the lies we believe

Discussion Guide

SESSION 1

I'm stuck.

There are moments in our lives where we feel stuck and unable to move forward. Sometimes this is due to fear, hurt, pain, unmet longings, or a host of other reasons. To kick off the series let's examine how Jesus comes to each of us in the midst of our fear and pain to meet us where we are stuck and help us move forward so that we can be His hands and feet in our world.

CONVERSATION STARTER

- Where was the worst place that you've been stuck?

DIGGING DEEPER

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from **John 20:19-23** then watch Session 1.

- Have you ever locked yourself in a room? Why?
- Why are the disciples fearful?
- What have you found helpful in dealing with those moments of being stuck?
- Of all the things Jesus said to his disciples, why do you think John records Jesus' response of "peace be with you"?

Take some time to re-read **Psalms 46:10** several times, stopping after each word or phrase. After reading it a few times, share your thoughts. What word or phrases stand out to you? Why?

- What are some doubts or fears that you are facing in your life?

SESSION 2

I'm not enough.

We are constantly told that we need to have more, do more, be more, accomplish more... media reinforces the insidious feeling that “we are not enough.” The world of marketing has realized that there is a deep sense of ‘not enough’ and they’re capitalizing on this by showing us ‘easy’ ways that ‘we can be satisfied.’ We often feel this in our work places, our relationships, and other areas of our lives. We don’t need to dive into the history of advertising to understand it...we all feel it, live in it and know this tension of, “I’m not enough”. So what do we do? How do we respond?

CONVERSATION STARTER

- Who is one person that you value? Why?

DIGGING DEEPER

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from **Psalm 139** then watch Session 2.

- How does David feel about God’s total knowledge of him?
- How does this Psalm make you feel about yourself and your value to God?

- What does it say about the value of the people around you?

The Father's Love Letter is a compilation of paraphrased Bible verses from both the Old and New Testaments that are presented in the form of a love letter from God to you. If you'd like to read it again, you can find it here

- <https://www.fathersloveletter.com/>

- What lines or phrases stood out to you the most from the letter?
- Knowing our value comes from Him, how does that change our perspective on life?
- How do these verses apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Spend some time praying for each other's prayer requests and share what God is doing in your life.

SESSION 3

I don't belong.

Increasingly people are feeling as though they don't belong and are living with the fear of being exposed as a 'fraud'. The reality is that everyone is looking for community. It's hard wired within our souls to belong somewhere but even more-so to belong to someone. As a church FAC longs to be a community of people that belong...who belong to each other because of the overflow that comes from belonging to God.

CONVERSATION STARTER

- What was the most fulfilling job you've ever had?

DIGGING DEEPER

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from **1 Corinthians 12:12-26** then watch Session 3.

- What does it mean for you to belong?
- When have you experienced belonging to something in your life?

To start belonging, you must be willing to share the exciting things and the hard things happening in your life.

- What's something exciting that has happened to you this week? Something difficult?
- What does it mean for you to belong to God?

SESSION 4

I'm ashamed.

Shame has become an international and internal issue for each of us...yet, Jesus has come to break the power of shame in our lives and has invited us to live free from it. The President of the Christian and Missionary Alliance, Dave Hearn, believes that the key to the church piercing the darkness in North America is for Christians to eliminate their shame and to step into freedom.

CONVERSATION STARTER

- What is your most vivid memory as a child? What feelings are associated with this memory?

DIGGING DEEPER

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from **John 8:1-11** then watch Session 4.

- How is this situation a trap for Jesus? What do you think the Pharisees would say if Jesus let her go? If he told them to stone her?

Picture yourself as the woman . . .

What do you think were the woman's emotions as she was "caught in the act" of adultery? As she was marched to the temple court? How does the way Jesus treats this woman help you face some of the sins you struggle with? The shame you face?



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