

# SMALL GROUP DISCUSSION GUIDE

**At the End of My Rope - Week 3**



## CONNECT

Spend some time checking in. What are highs and lows since you last met? How can your group members pray for and support each other this week?

## GROW

What lies have you believed about yourself over your lifetime?

Are those lies been more likely to stem from your past, from pain, or from people?

What do you need to unlearn? About yourself? About others? About your relationships? Why is that hard to do?

What changes when we realize we're not on our own, but that God has gone ahead of us?

How will you work to overcome lies you believe about yourself?

## BIBLE

Read 1 Kings 19:14-16, 18 and Ephesians 3:17-21. What do you notice?

## PRAY

Gracious God, sometimes we find ourselves in a place where we have nothing left and it's easy to lose hope. Restore us, lead us, and guide us when we're at the end of our rope. Amen.

