

THIS IS HOW WE DO IT

Small Group Guide – Week of October 12

This Is How We Do It: We Aren't Perfect, But We Will Be Real

Date: Week of October 12, 2025

Focus Passage(s): Romans 7:14–25; 2 Corinthians 12:7–10

Theme: You don't have to have it all together to belong here. The church isn't a place for pretending - it's a place where God meets us in our honesty.

Suggested Schedule (60 minutes total)

Segment	Time	Description
Icebreaker	10 min	Build connection and open up the room
Intro/Recap	5 min	Read the key passages for the week
Group Discussion	25 min	Dive into Scripture and discuss real-life application
Deeper Dive Option	5–10 min	Optional deeper Bible study or individual challenge
Prayer & Requests	10–15 min	Close in prayer for growth + personal needs

Tips/Expectations

- Remind your group: Struggle does not equal defeat - struggle means the fight is still on, and grace is still working.
- Model vulnerability by sharing in a real way. Keep discussion safe and judgment-free.
- Encourage participation, but allow silence for reflection.

1. Icebreaker

Time: 10 minutes

Prompt (choose one):

Think of a time you tried to act like you had it all together, but it didn't last long. What happened?

When you meet someone new, what's your "default mask" or first impression you tend to show others?

2. Message Recap + Scripture Introduction

Time: 5 minutes

Prompt:

Pretending is exhausting. Acting like we have it together wears us out. And sooner or later, the real us leaks out in the words we say, in the way we react, in what we run to for comfort. We've learned how to play the part, but pretending doesn't bring peace - it just hides the truth. And the truth is where God does His best work.

Read aloud:

Romans 7:15, 18–19, 24–25

Discussion Starter:

Why do you think pretending is such a strong temptation for us?

3. Group Discussion

Time: 25 minutes

The Struggle We All Know:

Paul wrote honestly about the tension between wanting to do what's right, but falling short.

- How do you relate to Paul's words in Romans 7? Where do you feel that same inner struggle?
- What are some ways people try to hide their struggles instead of being honest about them?
- What do you think changes when a person or group decides to stop pretending?

Surrender Is the Way to Strength:

Read 2 Corinthians 12:9–10.

- What does God mean when He says, "My power works best in weakness"?
- How have you experienced God's strength most clearly in your own moments of weakness?
- Why is it easier to ask God to remove our weakness than to trust Him to work in it?

Being Real Together:

Paul was honest about his struggle—and it gave others permission to be honest, too.

- What keeps you from being more open about what you're walking through?
- Think about the story of the man in jail who finally knelt in surrender. How did his honesty impact everyone around him?
- How can our group practice being real with one another this week?

4. Deeper Dive (Optional Study or Personal Challenge)

Time: 5-10 minutes

Character Study: David, Real Before God

A character study looks at a person in the Bible - their story, choices, faith, and struggles - and asks what we can learn for our own lives. The action step is to read the scripture about that person and think about how to apply their example to your own life.

David, the youngest son of Jesse, was chosen by God to be king of Israel. From his early days as a shepherd to his victory over Goliath, David showed courage, faith, and a heart fully devoted to

God. Though he faced failures, temptations, and personal struggles, he was honest about his sins and quick to repent. God called him “a man after His own heart” because David lived authentically before God, seeking Him in every season and demonstrating a life of humility, faith, and genuine devotion.

Read: Psalm 23 (shows David’s trust in God) and **Psalm 51** (David’s heartfelt honesty and repentance before God)

Additional Scriptures for Study:

Psalm 34 – Expresses praise, gratitude, and reliance on God in trials.

Psalm 139 – Acknowledges God’s intimate knowledge of him and his desire to live authentically.

Psalm 63 – Reflects David’s deep longing for God and sincere devotion.

Resource Option (From GotQuestions.org):

Article: “Why Is Following Christ So Difficult?” <https://www.gotquestions.org/following-Christ.html>

Next Steps Challenge

Reflect on this question:

What “mask” do I need to take off this week so that God can meet the real me?

Encourage everyone to share one simple next step, such as:

- Reaching out for prayer or counseling.
- Sharing honestly with a trusted friend.
- Confessing a struggle or weakness to God.

(Leader Tip: Model honesty by sharing an area where you’ve had to be real recently.)

5. Prayer Time

Time: 10-15 minutes

Leader Note: Transition the group toward spiritual reflection and vulnerability.

Prompts: Theme Prayer: Being Real Before God

- Thank God that His grace meets us in weakness.
- Ask Him to help us live authentically and stop pretending.
- Pray that our group would be a safe place for truth and healing.

Open Prayer Requests:

Give everyone the opportunity to share any personal or family needs for prayer. Emphasize confidentiality and care.