

# Life Group Discussion Questions

## February 5, 2012

### **Series: Unstuck**

**Sermon Topic:** It's A Choice - Genesis 25-29 - Dr. Matt Cassidy

**Introduction:** In our 4th week of the "Unstuck" series, Matt took us deeper into the life of Jacob and how his birth, family environment, and influences created an inhibitor that he would struggle with throughout his life. We also examined how we can take this knowledge and apply it in our lives to "choose" differently.

### **Sermon Questions:**

1. Read Genesis 25-29. In light of the sermon, identify the different opportunities each character, especially Jacob, was given to make a choice: to trust self or God. By trusting self over God, they were hindered by their "bents and inhibitors". Pick one character and event and imagine you were their accountability partner. How would you have described their "inhibitor" to them? How would you have advised them to make a different choice in light of that "inhibitor"? Share with your group.
2. Think of a specific time when you were given an opportunity by God to trust in Him but chose to trust in yourself instead. How did that work out for you? Have you ever wondered what might have been if you had trusted God? Share with your group how your unique identity (nature & nurture) combined with your "inhibitor" contributed to your decision? How, specifically, would you have responded differently?
3. Take the Monvee assessment. Go to [www.monvee.com](http://www.monvee.com); click "Login" and then "Are You New To Monvee?" Set up your account using Grace Covenant Church ID: **C1065429**. Complete assessment.
4. Take turns sharing your assessment results with your group. What is your learning preference; your spiritual pathway and your personality type? What inhibitors does your personality type struggle with? Do you agree or disagree with the results? How so, specifically? Does this assessment aid you in getting "unstuck"?

### **Study Questions: (Chapter 4: Emotional Healthy Spirituality)**

1. What forces and pressures from circumstances and people cause you to shrink back in fear or "wear armor" that does not fit your true self? Share with your group.
2. Chapter 4 describes differentiation as a person's capacity to "define his or her own life's goals and values apart from the pressures of those around them." In other words...the ability to hold on to who you are and who you are not. Read through the

scale of differentiation on pg. 83 and identify which ranges fit you most. Share with your group your results and why you scored yourself where you did.

3. Starting on pg. 85, the author references four practical truths to implement as we strive to live faithfully to our true self. Read through those truths and share with your group how you're doing in each area. Ask your group to pray for you in your weaker areas.

**Homework: Read and apply Chapter 5 in preparation for next Sunday's sermon.**