



I DOUBT IT...

WEEK 5

DISCUSSION GUIDE

Introduction:

This week, we are continuing our series “I Doubt It...”. Doubt can come from many sources, but there may be no more universal and potentially debilitating doubt than the doubt that stems from our past. God has big plans for us, but sometimes before we can move forward, we have to deal with our past. The good news is that Jesus already has victory over our past and through a relationship with Him, we get to share in that victory.

Scripture:

Genesis 32:28 - “Your name will no longer be Jacob,’ the man told him. ‘From now on you will be called Israel, because you have fought with God and with men and have won.’”

Isaiah 43:25-26 - “I—yes, I alone—will blot out your sins for my own sake and will never think of them again.”

Discussion Questions:

Is there a tradition or habit from your childhood that you continue today?

What is one great event, memory, or person from your past that still affects you now? How?

Genesis 32 seems to be a turning point in Jacob’s life. Before, Jacob’s life had been defined by a series of family conflicts and an effort to distance himself from his past. What do you think it is about this event that changes things for Jacob?

After Genesis 32, Jacob finally makes peace with his brother Esau. Why is it that a night spent wrestling with God and a day spent talking to his brother brought more closure & progress for Jacob than years of running & ignoring ever did?

Is your default response to mistakes & pain to share them or to hide them? Why do you think that is?

Sometimes we worry what people might think of us if they knew our past. We may also be uncertain about how our past could affect our relationship with God. Deuteronomy 31 tells us that God will not abandon us, but even better than that, Isaiah 43 tells us that he will actually blot out our sins & forget them. What do you think it would take for you to fully embrace & take advantage of that promise?

Take the Next Step:

Sometimes we have a hard time really identifying what in our past is holding us back. Maybe this week you should make the time to write a letter to God. Use this letter to explain what in your past might be getting in the way of your future, then spend some time processing that letter through prayer & time spent with God. Maybe you know exactly what it is in your past that is standing in the way of the future that God has for you. If so, this can be the week that you finally open up about it & begin to move through it. Find a counselor or a trusted friend who loves Jesus & can help you process your next steps.