

IT'S ME—REAL RELATIONSHIPS | Part 4

GROUP DISCUSSION GUIDE
Pastor Jacob Howell – 09.07.2025

It's Not You, It's Me | Part 4 | “Get Your Confidence Back”

Summary:

- This week's sermon, "Get Your Confidence Back," explored the critical role of confidence in our spiritual lives and relationships. Pastor Jacob spoke about the story of Joshua to illustrate how God empowers us to face life's challenges with unwavering faith. Pastor Jacob emphasized that true confidence comes from resting in God's plan, reframing our failures as growth opportunities, and recognizing God as the source of our strength.

Key Takeaways:

1. Confidence is crucial for healthy relationships and fulfilling God's calling.
2. Satan tries to crush our confidence, but Jesus came to give us abundant life.
3. We can regain our confidence by resting in God's plan, reframing failures, recognizing the source of true confidence, and remembering God does the heavy lifting.

Discussion Questions:

1. Pastor Jacob mentioned that confidence is necessary to step through "open relational doors" in life. *Can you share an experience where lack of confidence held you back in a relationship or opportunity?*
2. *How has insecurity impacted your relationships or your ability to enjoy God's calling on your life?*
3. Pastor Jacob emphasized resting in God's plan. *What does this look like practically in your daily life?*
4. *Discuss a time when you reframed a past failure as a growth opportunity. How did this shift your perspective?*
5. Pastor Jacob said, **"Your failures don't define you, they refine you."**
 - a. *How can we remind ourselves of this truth when we're feeling discouraged?*
6. *How does recognizing God as the source of true confidence change the way you approach challenges?*

7. Pastor Jacob used the analogy of a first-grade boy's confidence in his father.
How can we cultivate this childlike faith in our relationship with God?
8. Reflect on the statement: **"God is doing the heavy lifting."**
 - a. *How does this truth impact your approach to serving God and others?*

Practical Applications:

1. Daily Affirmation: Each day this week, speak aloud one truth from Scripture that affirms God's presence and power in your life.
2. Confidence Journal: Start a journal where you record moments of God's faithfulness and your growth. Refer to it when you need a confidence boost.
3. Step of Faith: Identify one area where insecurity has held you back. Take a small step of faith in that area this week, trusting God to guide you.
4. Reframe Exercise: Write down a past failure. Then, rewrite it from the perspective of what you learned or how God used it for good.
5. Encouragement Partner: Pair up with someone from the group to encourage each other throughout the week, reminding each other of God's truths when doubts creep in.

Closing Prayer:

Pray for each group member to walk in the confidence that comes from trusting in God's plan and presence in their lives.