

SMALL GROUP DISCUSSION GUIDE

Chasing - Week 1



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

- Where do you see yourself chasing approval of others? Why is that so easy to do? Have you chased approval differently throughout phases of your life?
- What are the consequences of the "disease to please"?
- Of the three people pleasing tendencies Harriet Braiker mentions, which are you more likely to experience and why? (1) Obsessing about what people think, (2) Being overly sensitive to criticism, (3) Having a hard time saying no.
- What changes if you remember that God's approval matters more than the approval of others? How does that affect you?

BIBLE

Read Genesis 2:15-25, 3:1-7 and 2 Corinthians 5:16-19. What speaks to you, and why?

PRAY

Gracious God, we chase after so many things that distract us from you. Give us wisdom to chase after you with our whole hearts. Amen.

