

## **I Can Quit Whenever I Want: Week 2**

### **//DISCUSS**

Q1 – Have you ever pretended you knew what you were doing, but didn't and then got found out? What was the result?

Q2 – Who are you least likely to receive insight from about an area of your life that's not working? Is it possible that God might want to speak even through them?

Q3 – What's your armor? What do you cover up with to hide what you don't want to deal with?

Q4 – What's something you think God might be challenging you to do, to better your life, that you're resisting because it's too uncomfortable or embarrassing and you're looking for another way?

Q5 – Who do you trust in your life to let your guard down and be completely honest about what you're struggling with? What makes you think they are a safe person?

### **//READ**

- James 5:16 "Confess your sins to each other and pray for each other so that you may be healed."
- Hebrews 12:1 (NLT)
- 2 Kings 5 & 6

### **//PRAY**

Lord, we pray that you would help us to be honest with ourselves and then open up to others to receive support and accountability. Help us address our fears around confession and take a bold step in humility towards healing and freedom.