



LIFE GROUP DISCUSSION GUIDE



JUNE 7, 2026

Dive In (10 Minutes)

Go around and let everyone share...What is a nickname or a label you were given growing up (by family, friends, or a school coach)? Did that label feel accurate, or did you feel trapped by it?

Dig Deep (40 Minutes)

Read Genesis 32:22-32 aloud.

- Look closely at the text. Jacob sends his family and all his possessions across the river ahead of him, leaving him completely alone in the dark (verses 22-24). Why do you think major transformations or encounters with God often require us to be stripped of our distractions and comforts?
- Notice the stranger's question in verse 27: "*What is your name?*" In ancient culture, saying your name meant confessing your character. Considering "Jacob" essentially meant *Deceiver* or *Supplanter*, why did he need to explicitly own this old identity before he could receive a new one?
- Look at the shift in verse 28. Jacob is given a new name, *Israel*, because he "strived with God and with humans and prevailed." What does this new name tell us about God's intent for Jacob, from now on?
- Jacob walked away from this encounter with a new name, but also a permanent physical limp (verse 31). Why do you think God's profound transformations often come with a vulnerability or a scar? What is the "limp" you carry that reminds you of your daily dependence on God?
- Tell about a time when you have had a "Jabbok River moment"—a time when you had to wrestle through a dark, painful season or a crisis of faith, only to come out on the other side with a completely redefined perspective on who you are and who God is?
- How does it comfort or challenge you to see that letting go of an old identity (like being a performer, a controller, or a victim) requires a messy, intense struggle, rather than a quick, painless fix?

Do Big (10 Minutes)

- **Label** the old labels, past mistakes, or identities that you have been carrying around, and then...
- **Let go** of them and step into the new identity He has given us in Christ—even if we must walk with a limp.