



# LIFE GROUP DISCUSSION GUIDE



JUNE 14, 2026

## Dive In (10 Minutes)

**Go around and let everyone share...**What is a time you had to confront something or someone you were dreading (like a difficult conversation, a tough exam, or a dentist appointment)? How did the actual experience compare to the anxiety you felt leading up to it?

## Dig Deep (40 Minutes)

**Read Genesis 33 aloud.**

- Look closely at the text. Even after his profound encounter with God, Jacob still divides his family as he approaches Esau, putting those he loves most in the back for safety (verses 1-3). Why do you think we often fall back on our old, self-protective habits even after experiencing a major breakthrough or transformation with God?
- Notice the dramatic shift in verse 4: *"But Esau ran to meet Jacob and embraced him and fell on his neck and kissed him, and they wept."* Given their messy history, why is Esau's response so shocking? What does this tell us about how God works in the hearts of others while He is working on us?
- Look at Jacob's words in verse 10: *"For I have seen your face which is like seeing the face of God, and you have accepted me."* In the previous chapter, Jacob saw God face-to-face at Peniel. How does he now see the "face of God" in the forgiveness of his brother?
- In verse 11, Jacob urges Esau to accept his gifts, saying, *"God has dealt graciously with me, and because I have enough."* The old Jacob ("Deceiver") always felt he had to grab, steal, and trick to get enough. How does his new identity as Israel show up in this moment of radical generosity?
- How does it comfort or challenge you to see that true reconciliation usually requires bowing down, letting go of our pride, and offering restitution, rather than just waiting for time to heal all wounds?

## Do Big (10 Minutes)

- Face the broken relationships, lingering resentments, or past conflicts that you have been avoiding or protecting yourself from.
- How can you free yourself by extending the same radical grace that God has poured out on you?