



LIFE GROUP DISCUSSION GUIDE



JUNE 21, 2026

Dive In (10 Minutes)

Go around and let everyone share...What is a physical place you go to when you need to clear your head, hit the "reset" button, or feel grounded? Why does that specific environment help you refocus?

Dig Deep (40 Minutes)

Read Genesis 35:1-15 aloud.

- Look closely at the text. God tells Jacob to go back to Bethel, but before they leave, Jacob tells his household to get rid of their foreign gods, purify themselves, and change their clothes (verses 1-3). Why do you think a return to God often requires a deliberate "housecleaning" of the distractions, comforts, or idols we've picked up along the way?
- Jacob's family had just caused a massive, violent crisis in the previous chapter (at Shechem), yet God protects them as they obey Him. How does it comfort you to know that God's grace and protection still cover us even when we are dealing with the messy consequences of our own (or our family's) making?
- Look at verse 7. Jacob builds an altar and calls the place *El Bethel* (God of Bethel), because that is where God revealed Himself when Jacob was fleeing his brother. Why is it vital for us to revisit our "spiritual markers"—the specific moments where God first met us or rescued us?
- In verses 9-10, God appears to Jacob again and explicitly restates his new name: "*Your name is Jacob, but you will no longer be called Jacob; your name will be Israel.*" Why do you think God wanted to remind him of his new identity here? How easy is it for us to slip back into our "old names" (our old ways of thinking, coping, or identifying ourselves) when life gets stressful?

Do Big (10 Minutes)

- How does it challenge you to see that true spiritual renewal isn't just an emotional feeling, but requires concrete actions like discarding old habits, changing our posture, and intentionally building a space to worship?
- What will it take to bury the modern idols, old coping mechanisms, or spiritual compromises that have quietly crept into your life?