

The logo for 'Self-Confident' features the word 'Self' in a white, cursive font with a red horizontal line striking through it. Below it, the word 'Confident' is written in a larger, white, cursive font. The background is a dark, textured surface with a subtle pattern of light-colored specks.

## DISCUSSION GUIDE

### *Bless... You*

#### **Ice-Breaker:**

- What kind of things strengthen your confidence? What weakens it?

#### **Questions:**

##### **Read Genesis 12:1-4a, 26:2-6**

- What promise does God make to Abraham and then his son, Isaac?
- What did these men need to do in order to receive this promise from God?
- What was their response when the promise was offered?

##### **Read Genesis 28:20-22**

- What is the “if/then” vow that Jacob offers God?
- What is Jacob’s primary goal here?
- From what you know of Jacob’s story, what might be the motivation underlying Jacob’s goal?
- Share an example of an if/then vow you have offered to God (i.e. ‘If you do *this*, then I will do *this*’).

##### **Read Genesis 32:7-12** [NOTE: This scene takes place as Jacob prepares to see his brother, Esau, for the first time since Jacob tricked Esau and then ran away from home.]

- What is Jacob feeling and why?
- What is Jacob’s appeal to God?
- At this point in Jacob’s story, what is the status of God’s blessing? Is it in jeopardy or not, and why?
- Would Jacob agree with your answer to the previous question? Why or why not?

##### **Read II Corinthians 9:11**

- According to the Apostle Paul, what is the ultimate outcome of a blessing received?
- When have you experienced fear and distress and reacted like Jacob did? What was your view of God’s blessing during that time?

#### **Application:**

***“The only way to experience blessing is to be a blessing”***

- How have you experienced this statement to be true in your own life?
- Identify ONE thing – one problem, one issue, one ministry in need, one person who needs a helping hand – and bless them this week.