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1. Think back to your childhood — maybe at recess, in gym class, or on the playground.
 - a. What's a time you were chosen (or not chosen) for a team, and how did it make you feel?
 - b. Why do moments like that stick with us so deeply? What does being chosen — or overlooked — reveal about how we're wired for belonging?

We all know what it feels like to want to be picked — to be seen and wanted. This week, we're talking about a God who doesn't pick us for our performance, popularity, or potential... but purely because He loves us. That's covenant — being chosen, not because we earned it, but because He called us His.

1. God called Abram before Abram ever proved himself faithful. What does that reveal about the nature of God's love and grace? How does it challenge our performance-based view of spirituality? (Supporting Verses: Deuteronomy 7:7-8; John 15:16)
2. Abram was told, "Go from your country, your people, and your father's household." What have you had to leave behind in order to follow God's call? What still holds you back from trusting His promises fully?
3. Read Exodus 19:4-6. God said, "I carried you on eagles' wings."
 - a. When have you felt God "carry" you through a season when you couldn't stand on your own?
 - b. How does remembering that strengthen your obedience today? (Supporting Verses: Psalm 103:8-13; Isaiah 46:4)
4. In your own words, how is God's covenant different from a human contract? What would it look like for our marriages, friendships, or church commitments to reflect covenant rather than convenience?



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1. Read Jeremiah 31:31-34. Jeremiah spoke to people who had broken covenant again and again.
 - a. How does God's promise of a "new covenant" show His relentless grace?
 - b. What does it mean for the law to be written on our hearts today? (Supporting Verses: Luke 22:20; Hebrews 8:10-12)
2. If your identity is rooted in God's covenant, not your performance, how would that change the way you handle failure, shame, or criticism this week?
3. Our culture says "keep your options open" and "don't let commitment tie you down."
 - a. How does covenant faithfulness push back against that mindset?
 - b. What might the world learn about God from watching His people keep their promises? (Supporting Verse: Romans 12:2)
4. We often think our relationship with God depends on our grip on Him. What would change if you truly believed your identity is held by His grip on you? (Supporting Verse: 2 Timothy 2:13 – "If we are faithless, He remains faithful.")
5. Which part of God's covenant character—He chooses, commits, or completes—do you most need to experience this week?
 - a. What is one practical way you can live as a covenant-keeper in your family, church, or community?