



**“Permission to Receive Care”**  
Small Group Questions  
Week of September 7, 2025

**Icebreaker:**

*This Sunday marks the beginning of the NFL season. Is this something you are interested in?  
Does football ever interfere with your Sunday worship?*

**Discussion Questions:**

1. Do you find it difficult to admit your mistakes? Why or why not?
2. Is it difficult for you to ask for help? Why or why not?
3. Are you ever tempted to put on a “church face” (pretending like everything is okay)?

Why are we tempted to do this?

How can we model and invite more authentic behavior in our church community?

4. Read together: Exodus 17:8-18:27. In this passage, Moses received help in two different instances. In what ways are they connected?
5. Talk about a time when someone helped you in a significant way. How did it make you feel?
6. Read together Philippians 4:10-20. In this passage, what does Paul say about being content?  
How can your small group help you better align with Paul’s spiritual contentment?
7. How can you and your small group model “permission to receive care”?

With each member in your small group, what is one way you can help each other this week?

Pray to close!