

RC Group Leader's Guide: The Struggle Is Real - It's Time To Shift Our Weight (Part 4)

Target Time: ~75–80 Minutes

Main Scriptures: Proverbs 3:5–8; Proverbs 14:12; Psalm 46:1

Key Theme: Everyone is leaning on something. When life gets hard, we must shift our weight away from our own limited understanding and lean fully on God, who sees the big picture, never changes, and holds us through every season.

Agenda & Time Breakdown

1. **Welcome & Snacks** — 10 Minutes
2. **Icebreaker** — 10 Minutes
3. **Message Recap & Key Scriptures** — 10 Minutes
4. **Discussion Questions** — 10 Minutes
5. **Fellowship & Further Discussion** — 30 Minutes
6. **Flexible Prayer Time** — Open / Flexible

1. Welcome & Snacks (10 Minutes)

- **Goal:** Greet group members warmly as they arrive, create a comfortable and welcoming atmosphere, and share light refreshments together.
- **Leader Tip:** Foster an environment of safety and grace where group members feel free to connect and share openly.

2. Icebreaker (10 Minutes)

- **Activity:** *"Leaning On Comforts"*
- **Prompt:** "What is a comfortable chair, habit, or routine in your house that you always collapse into after a really exhausting day?"
- **Goal:** Keep the mood light and engaging while introducing the concept of what we lean on when we are tired.

3. Message Recap & Key Scriptures (10 Minutes)

Key Scriptures:

Proverbs 3:5–8 — *Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*^[a] Do

not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.

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- **Proverbs 14:12** — *There is a way that appears to be right, but in the end it leads to death.*
- **Psalms 46:1** — *God is our refuge and strength, an ever-present help in trouble.*

4 Main Points:

1. **Everyone is leaning on something.** When life gets hard, we automatically lean on our habits, control, or understanding. But God calls us to shift our weight completely onto Him.
2. **Our understanding has blind spots.** We often make decisions based on a partial picture. God sees the beginning and the end, and He wants to guide us through the tough seasons into beautiful ones.
3. **Don't miss the Person of God for the acts of God.** It is easy to look only for blessings or answers, but Jesus is the true key, compass, and map for our lives.
4. **Jesus is the only unshakeable Rock.** He never changes, He is always steady, and His presence is right there with us in every season making our heart His dwelling place.

4. Group Discussion Questions (10 Minutes)

(Simple, easy to understand for all ages—including a 5th grader—and deeply practical for everyday faith!)

1. **(Warm-Up)** What was your favorite point or takeaway from Sunday's message about shifting your weight?
2. **(What We Lean On)** When life gets stressful or confusing, what is the default thing you tend to lean on first (like trying to control everything, worrying, or staying busy)?
3. **(Blind Spots)** Proverbs says not to lean on our own understanding. Why is our own human understanding sometimes like wearing blind spots, and why is it hard to trust God instead?
4. **(Shifting Weight)** What does it practically look like to "shift your weight" off of your own worries and lean back completely onto God? Give an example of when you did this.
5. **(The Compass & Map)** The message mentioned that Jesus is the key that helps us use life's compass and map. Tell us of a time you invited Jesus into your daily decisions and how it changed the direction you went?
6. **(Real with God)** When was the last time you were completely honest and real with Jesus about a struggle instead of trying to fake it?
7. **(The Steady Rock)** Psalm 46:1 reminds us that God is our refuge and an ever-present help. How does knowing that Jesus never changes give you peace when your circumstances feel shaky?

8. **(Action Step)** What is one specific area of your life today where you need to stop leaning on yourself and start leaning on Jesus?

5. Fellowship & Further Discussion (30 Minutes)

- **Goal:** Allow organic conversations, deeper friendships, and personal encouragement to happen naturally over food and coffee.
- **Leader Note:** Use this time to check in on how group members are truly doing and support one another.

6. Flexible Prayer Time

- **Format:** Break into smaller sub-groups (2–3 people) or stay together as one circle.
- **Prayer Points:**
 - **Trusting God:** Thank God that He sees the big picture when we only see a piece of it.
 - **Shifting Weight:** Pray for the strength to let go of self-reliance, anxiety, and old habits, shifting our weight fully onto Jesus.
 - **Welcoming His Presence:** Ask the Holy Spirit to make our hearts His dwelling place in every single season of life.