



R-Group Process

ADDRESSING FALSE MESSAGES

Theme: We grow in faith by exposing ourselves to God in community. This process will help create trust in the group and help the group walk in stronger faith together.

Materials: A notecard for each person in the group

Round 1 – *Think back on your week. What is one primary false self that showed up for you this week? What is one message that you believe that causes you to step into that false self?* Give each person in the group the opportunity to name their false self and the message that is connected to it. Instruct each person to record their name and false message on their notecard.

Example: My false self is the withdrawer. Its message is “I’m safer when I withdraw.”

Round 2 – Ask each person: *If the message you recorded is true, what does it say about God? What emotion does that raise in you?* Have them record the lie about God and the emotion.

Example: If I expose myself, God will leave me to my shame. This brings up fear for me.

Round 3 – Collect each person’s card. Then, address each person individually: *You are telling yourself [read message from Round 2] and this brings up [read emotion] for you. What are you willing to risk believing is really true about God and yourself?* Record each person’s answer on their index card.

Example: He will not abandon me or put me to shame when I take a risk in faith.

Round 4 – Pass out index cards so that each person can read the card for another person in the group and then pray for them out loud, one at a time.

Debrief