

Small Group Questions

Main Text:
Psalm 139:13-14

Opener:

name one small win from this week or one thing you genuinely like about how God made you that isn't about appearance?
non-appearance examples like kindness, humor, effort, or being a good friend. Keep tone light and affirming.)

Question 1: Where does comparison talk the loudest for you right now – on your phone, in the mirror, in the hallway, or on a team – and what does it usually say?

(Leader note: Normalize the experience. Watch for shame language and redirect to honesty without self-insults.)

Question 2: Read Psalm 139:13-14 together. Which words stand out, and how do they push back against comparison?

Question 3: What short sentence of truth will you tell yourself this week when comparison starts talking, and where will you say it – mirror, phone camera, bus stop, or before practice?

Question 4: From today's teaching: Share one non-physical truth you wrote or said about yourself and why you chose it. Share only what you're comfortable sharing.

(Leader note: No pressure. Protect privacy. Affirm courage and keep the group from evaluating each other's answers.)

Closer:

Each day this week, look at a mirror or your phone camera and say one truth from your list out loud, then choose to believe it. Write it somewhere you'll see it.