



CCC Small Groups Leaders Guide

The Real Deal

Part 3 of 6

Picking Yourself Up Again

Psalm 1

Read Psalm 1

Explore with your group the characteristic that mark the life of, (A) The Person who says yes to God, (B) The Person who says no to God. What do both lifestyles produce? Note with your group that it is in the saying “No” to God that a situation turns negative.

Ask the group to share moments from their own life experience where this was the case.

Contrast this with sharing positive experiences when they have said “Yes”.

Look out for group members who may be stuck in a negative place and offer to have the group pray with them.

Read 1 John 1:9.

Unpack this conditional promise from the Lord with your group. Note carefully the exchange, we do one thing and God responds with four!

Read James 5:16.

Not only do we confess our sins to God, but we are told to confess to each other.

This can be very difficult to do considering how hard we try to hide our shortcomings. However by confessing to each other we create accountability and opportunity to receive prayer support.

Read Psalm 103:12.