

# WHO AM I?



Discovering the person you were created to be

**SMALL GROUP HOST GUIDE**



# THANK YOU!

Thank you for stepping out to host a *Who Am I?* Small Group! I wrote the book with your Small Group in mind. I truly believe the content of the book along with the Small Group videos will be life-changing for both you and those in your group.

I'm so excited to start this journey with you and your group as you discover the person you were created to be!

Sincerely,

A handwritten signature in white ink, appearing to read 'J. Little', is positioned below the word 'Sincerely,'.

Pastor Jeff Little

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# How To Use This Host Guide

## **What To Expect**

Each week, this section will give you important information you'll need to know heading into your group.

## **Warm-Up Question**

Use the Warm-Up Question each week to break the ice and point the group in the right direction.

## **Introduction**

Here you will find the key verse and key thought for each Small Group study.

## **Play Video**

This is the time when you will play Pastor Jeff's video teaching.

## **Discussion Questions**

Here you will find great questions to help those in your group share and interact with the content.

## **Application Question**

Each week includes an application question to help individuals practically apply the content discussed.

## **Pray Together**

It doesn't need to be long or fancy, but we've provided tips to help your group pray together.

## **Wrap It Up**

In this section you'll find helpful reminders to focus the group towards the next meeting.

# How To Host A Great Small Group

The next six weeks in your *Who Am I?* Small Group is going to be incredible! Here are a few Host principles to make your group all it can be:

## 1. Pray

It may sound obvious, but it's the best thing you can do!

## 2. Prepare

Preparation is key to a successful group. Consider these preparation tasks:

— Always communicate to your group before and after you meet. If this is not your strength, find someone in the group to help. Cover the basics: day, time, location, reading assignment, childcare information, etc.

— Make sure your meeting location is clean and tidy. In the home, soft worship music in the background is great as people arrive. Also, providing snacks is a home run. If you have pets, be sure they are out of the way.

— Preview the Small Group video before your group meets, and familiarize yourself with the content to ensure there are no technical difficulties.

## 3. Follow a Schedule

Once your Small Group forms and you decide where to meet (restaurant, office, living room, etc.), you're asking, "What do I do with them once we actually meet?" Great question! Here's the 75-minute schedule we recommend:

Meet, Greet, Mingle (5 minutes)

Warm-Up Question (5 minutes)

Introduction (2 minutes)

Play Video (20 minutes)

Group Discussion (20-30 minutes)

Application Question (5 minutes)

Pray Together (5 minutes)

Wrap It Up (5 minutes)

## 4. Facilitate, Don't Teach

Each week, the video delivers great content that will impact the lives of those in your group. Your responsibility as Host is to lead the discussion and draw out the contribution of others.

# Small Group Guidelines

The following Small Group guidelines will help set the commitment level and expectations for each person in your Small Group. Please take time during Week 1 to discuss the guidelines as a group and commit to following them.

**Group Attendance:** I will prioritize my Small Group by attending each week and notifying if I will be absent or late.

**Safe Environment:** We commit to listen to each other and to support one another without judgment.

**Spiritual Health:** I will allow the members of my Small Group to speak into my life, to confront me on unhealthy behavior or thinking, and to encourage me to live according to God's principles.

**Confidentiality:** We commit to keep confidential anything shared within the context of our Small Group.

**Conflict Resolution:** We commit to immediately resolve conflict within the group by following the principles of Matthew 18:15–17. We will not gossip to each other or about each other.

**Limiting Freedom:** We commit to limit our freedom by not serving or consuming alcohol during Small Group meetings or events in order to avoid causing anyone to stumble (1 Corinthians 8:1–13; Romans 14:19–21).

**Welcome Newcomers:** We commit to invite others to join our Small Group, and we will warmly welcome anyone who is new.

**Building Relationships:** We commit to spend time together as a Small Group and get to know each other. We will pray for each other regularly and support each other through life's ups and downs.



# Reading Plan

Your Small Group will go along with Chapters 5-12 of *Who Am I?* Please read the entire book at your own pace and feel free to discuss anything from the book with your Small Group.

<b>Week 1 - Chapter 5</b>	Who Am I When I Think I Don't Measure Up?
<b>Week 2 - Chapter 6</b>	Who Am I When I'm Compared To Others?
<b>Week 3 - Chapter 7</b>	Who Am I When I Feel Alone?
<b>Week 4 - Chapter 8</b>	Who Am I When I've Failed?
<b>Week 5 - Chapter 9</b>	Who Am I When I Don't Feel Happy?
<b>Week 6 - Chapters 10,11,12</b>	Who Am I With My Family?

# Small Group Week 1

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# **WHO AM I WHEN I THINK I DON'T MEASURE UP?**

*This week's Small Group video and discussion questions are based on Chapter 5.*

## Who Am I?

### What to Expect

Welcome to Week 1 of *Who Am I?* This first Small Group will pave the way for the next five weeks. Make sure you communicate with your Small Group members a few days before the group starts to let them know key details about your Small Group including day, time, location, childcare, etc.

As you meet, walk through the Small Group Guidelines with the group, located on page 8.

### Warm-Up Question

Have each person share 60 seconds of who they are and one unique fact about themselves.

### Introduction

**Today we will ask the question, “Who Am I When I Think I Don’t Measure Up?”**

(Turn in your book to the Appendix to follow along with the Small Group Discussion)

### Key Verse:

***But Moses said to God, “Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?”***

Exodus 3:11, NIV

### Key Thought:

**God doesn’t just work around our insecurities—He works through them.**

### Play Video

**(For this week, first play the Intro and then play Week 1)  
Week 1 – Who Am I When I Think I Don’t Measure Up?**

## Who Am I When I Think I Don't Measure Up?

### Discussion Questions

What are some places we tend to look for security other than God?

Name an area of your life in which you tend to struggle with feeling “not good enough.” Why do you feel that way?

When Moses was feeling insecure, what did God tell him? (Exodus 3:12; 4:10–12)

How does God's response to Moses affect us when we feel insecure?

Tell us about a time you felt insecure. What happened and how did you deal with it?

## **Who Am I?**

What are some ways you can combat insecurity in your life?

What's the difference between an insecurity and an honest acceptance of an area of weakness in your life?

Why is it difficult to find our security in God rather than in other things?

## **Who Am I When I Think I Don't Measure Up?**

### **Application Question**

Take a moment to let each group member answer this to themselves, and write in their book as a reminder.

### **What is one area of insecurity you can commit to prayer?**

#### **Pray Together**

Ask or follow up on any specific prayer request your group has. Use the Small Group Prayer List at the back of this Guide to keep track and note answered prayers.

1. Thank God for showing how He works not just around our insecurities, but through our insecurities.
2. Ask God to give each person in the group power this week to apply what they have learned and what they have committed to do next.

#### **Wrap It Up**

Reading Assignment:

Chapter 6, Who Am I When I'm Compared To Others?

# Small Group Week 2

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# **WHO AM I WHEN I'M COMPARED TO OTHERS?**

*This week's Small Group video and discussion questions are based on Chapter 6.*

## Who Am I?

### What to Expect

Your group has one week under its belt, and you will begin to see more connections forming. You can anticipate going a bit deeper in discussion as the focus is on how we stop comparing ourselves to others.

### Warm-Up Question

Have each person in the group share 60 seconds on where they would go for their dream vacation.

### Introduction

**Today we will ask the question, “Who Am I When I’m Compared To Others?”**

(Turn in your book to the Appendix to follow along with the Small Group Discussion)

### Key Verse:

***Not that we dare to classify or compare ourselves with some of those who are commending themselves. But when they measure themselves by one another and compare themselves with one another, they are without understanding.***

2 Corinthians 10:12, ESV

### Key Thought:

**Comparison is a game you can’t win.**

### Play Video

**Week 2 – Who Am I When I’m Compared to Others?**

## Who Am I When I'm Compared To Others?

### Discussion Questions

Why do we sometimes secretly enjoy seeing other people fail?

Comparison typically fuels either pride or insecurity in us. Which of these do you see manifest most often in your life?

How does comparison damage your relationship with others?

Have you ever experienced someone else honoring/celebrating you, even when they could have been envious? How did it make you feel?

## **Who Am I?**

What are some practical ways you can celebrate someone else this week?

Is there anyone in your life right now you are comparing yourself with? Who is it and why?

When does comparison ever stop?

Why are we tempted to compare ourselves with others?

### Application Question

Take a moment to let each group member answer this to themselves, and write in their book as a reminder.

### **What are you going to do the next time you catch yourself comparing yourself to others?**

### Pray Together

Ask or follow up on any specific prayer request your group has. Use the Small Group Prayer List at the back of this Guide to keep track and note answered prayers.

1. Pray that God would break any behavior we show of comparing ourselves with others.
2. Ask Him to help us see value and worth in others rather than envying them.
3. Ask God to give us a clear picture of our identity in Him.

### Wrap It Up

Reading Assignment:

Chapter 7, Who Am I When I Feel Alone?

# Small Group Week 3

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## **WHO AM I WHEN I FEEL ALONE?**

*This week's Small Group video and discussion questions are based on Chapter 7.*

## Who Am I?

### What to Expect

Our topic this week is huge because so many people feel alone in life. It might be a little difficult for some people to open up and express that they struggle in this area, but since this isn't your first meeting, encourage everyone to "get real". You can set the tone for your group by sharing some personal times you've struggled in this area before. They will follow your lead.

### Warm-Up Question

Are you naturally more introverted or extroverted? Do you like being that way or do you wish you were the opposite?

### Introduction

**Today we will ask the question, "Who Am I When I Feel Alone?"**

(Turn in your book to the Appendix to follow along with the Small Group Discussion)

### Key Verses:

***God sets the lonely in families...***

Psalms 68:6a, NIV

***Whoever isolates himself seeks his own desire; he breaks out against all sound judgment.***

Proverbs 18:1, ESV

### Key Thought:

**We are designed for divine relationships—we feel alone without them.**

### Play Video

**Week 3 – Who Am I When I Feel Alone?**



## Who Am I When I Feel Alone?

### Discussion Questions

When is the last time you remember feeling alone? Why did you feel that way?

Why are we sometimes tempted to isolate ourselves?

Why is isolating ourselves so dangerous?

Why do you think God places such high value on relationships?

## **Who Am I?**

What does the term “spiritual family” mean to you?

How have you personally experienced the value of spiritual family?

What are some practical ways you can intentionally invest in a key relationship this week?

## Who Am I When I Feel Alone?

### Application Question

Take a moment to let each group member answer this to themselves, and write in their book as a reminder.

## Who is someone you can call/text and invite to get together with?

### Pray Together

Ask or follow up on any specific prayer request your group has. Use the Small Group Prayer List at the back of this Guide to keep track and note answered prayers.

1. Pray for each person in your group to have a revelation of the power of spiritual family in their life.
2. Pray that everyone would grow deeper in godly relationships with each other.

### Wrap It Up

Reading Assignment:  
Chapter 8, Who Am I When I've Failed?

Start planning a fun event your group can do in the next couple of weeks.

# Small Group Week 4

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## **WHO AM I WHEN I'VE FAILED?**

*This week's Small Group video and discussion questions are based on Chapter 8.*

## Who Am I?

### What to Expect

We are halfway through our journey and you have done an incredible job! Let's finish strong!

There's nothing quite as painful as failure. We've all experienced it, but some in your group may be experiencing failure right now more than others. Sensitivity as Host is key. Be expectant for the Holy Spirit to prompt you this week, and certainly during your Small Group, towards someone facing failure in a significant manner.

### Warm-Up Question

Failure is not fun, but share a story about one of your funniest failures.

### Introduction

**Today we will ask the question, “Who Am I When I’ve Failed?”**

(Turn in your book to the Appendix to follow along with the Small Group Discussion)

### Key Verses:

***Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time.***

1 Peter 5:6, NIV

***...for God’s gifts and his call are irrevocable.***

Romans 11:29, NIV

### Key Thought:

**Failure can either distort or clarify our identity—it’s all about how we respond.**

### Play Video

**Week 4 – Who Am I When I’ve Failed?**

## Who Am I When I've Failed?

### Discussion Questions

Why is failure so hard to process?

What are some unhealthy ways we tend to respond to failure?

How can our past failures keep us from moving forward?

Does fear of failure ever keep you from doing what God has asked you to do?

## Who Am I?

How does Jesus respond to Peter after his failure? What does this tell us about Jesus?

How could remembering the restoration of Peter help change your perspective on your past failures?

Tell us about a significant failure in your life and how you overcame it.

How can God use our failures to help others?



### **Application Question**

Take a moment to let each group member answer this to themselves, and write in their book as a reminder.

## **What is one thing you would step out and do for God, if you were guaranteed not to fail?**

### **Pray Together**

Ask or follow up on any specific prayer request your group has. Use the Small Group Prayer List at the back of this Guide to keep track and note answered prayers.

1. Thank God for the courage that group members showed in discussing a difficult subject like failure.
2. You may ask if someone in the group desires prayer for times he or she has failed. Pray for those specific requests.
3. Moving forward, ask God to give faith and confidence as we continue to follow Him with our lives.

### **Wrap It Up**

Reading Assignment:  
Chapter 9, Who Am I When I Don't Feel Happy?

Start talking about your plan for the group after your Small Group ends. Do you want to keep going with another study?

# Small Group Week 5

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# **WHO AM I WHEN I DON'T FEEL HAPPY?**

*This week's Small Group video and discussion questions are based on Chapter 9.*

## Who Am I?

### What to Expect

We're nearing the end of our Small Group study, and your group should really be connecting at this point. You'll probably notice people staying longer after the group concludes as they build relationships.

Now it's time to start looking ahead—what will your group do at the conclusion of *Who Am I?* This week, begin talking about the possibility of continuing and doing another study together.

### Warm-Up Question

What's your favorite comfort food?

### Introduction

**Today we will ask the question, “Who Am I When I Don’t Feel Happy?”**

(Turn in your book to the Appendix to follow along with the Small Group Discussion)

### Key Verses:

***I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God.***

Ecclesiastes 3:12-13, NIV

***Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.***

Ephesians 1:3, NIV

### Key Thought:

**True happiness is more than an elusive feeling.**

### Play Video

**Week 5 – Who Am I When I Don’t Feel Happy?**

## Who Am I When I Don't Feel Happy?

### Discussion Questions

Do you typically think of “being happy” as trivial or significant? Why?

Do you tend to imagine God wanting us to be happy or not? Explain.

Think of one person in your life you consider to be a happy person. Who is it and what makes you describe that person that way?

Do you think the people closest to you would describe you as happy? Why or why not?

## **Who Am I?**

Do you think we can be happy regardless of our circumstances? Why or why not?

When, if ever, have you experienced deep joy in the midst of difficult or challenging circumstances?

What is the basis of true happiness?

### **Application Question**

Take a moment to let each group member answer this to themselves, and write in their book as a reminder.

### **What intentional activity can you incorporate into your week to bring a sense of happiness?**

### **Pray Together**

Ask or follow up on any specific prayer request your group has. Use the Small Group Prayer List at the back of this Guide to keep track and note answered prayers.

1. Pray for everyone in your group to be able to grow in their level of true happiness this week as they strengthen their dependency on God.
2. Ask God to show you what it's like to have great joy in Him.
3. Pray for members currently in a season of unhappiness to be encouraged by God this week.

### **Wrap It Up**

Reading Assignment:

Chapter 10, Who Am I With My Spouse?

Chapter 11, Who Am I As A Child?

Chapter 12, Who Am I In My Teens?

Start talking about your plan for the group after *Who Am I?* ends.

Who Am I?

# Small Group Week 6

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## **WHO AM I WITH MY FAMILY?**

*This week's Small Group video and discussion questions are based on Chapters 10, 11, and 12.*

## Who Am I?

### What to Expect

On this final week of our *Who Am I?* journey, you can expect God to seal everything He has done in this process and launch those in your group towards living the life they were created to live. Our focus in Week 6 is on the family.

### Warm-Up Question

Which television, book, or movie family best describes your family? Why?

### Introduction

**Today we will ask the question, “Who Am I With My Family?”**

(Turn in your book to the Appendix to follow along with the Small Group Discussion)

### Key Verse:

***See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him.***

1 John 3:1, NIV

### Key Thought:

**Understanding how God designed the family to shape our identity is a critical part of this process.**

### Play Video

**Week 6 – Who Am I With My Family?**

## Who Am I With My Family?

### Discussion Questions

Do you have siblings or are you an only child? Are you the oldest, youngest, or in the middle? How do you think this affected your family dynamics growing up?

How did your family life growing up affect how you saw yourself?

Which phase of life has presented the most identity challenges for you so far? (childhood, teenage years, college age, single adult, married without kids, married with kids, empty nester, etc.)

## Who Am I?

Looking back, what would you say to yourself as a child/teenager? If you could go back, would you do anything differently?

What phase of life are you in currently? What is the biggest challenge related to your identity in this current season?

### **Application Question**

Take a moment to let each group member answer this to themselves, and write in their book as a reminder.

**Reflecting on your past and looking ahead to your future, how are you planning to take a step toward creating a healthier environment in your home?**

### **Pray Together**

Ask or follow up on any specific prayer request your group has. Use the Small Group Prayer List at the back of this Guide to keep track and note answered prayers.

1. Pray that God will use all of the family experiences from our past to make our family today as strong as it can be.
2. Ask the Holy Spirit to teach us how to have strong, godly families.
3. Thank God for all the great things He did over the past six weeks.

### **Wrap It Up**

Take the final moments of the last time your group will meet to talk about what happens from here.

# SMALL GROUP PRAYER LIST

Name \_\_\_\_\_

Request \_\_\_\_\_

Answered Prayer \_\_\_\_\_

Name \_\_\_\_\_

Request \_\_\_\_\_

Answered Prayer \_\_\_\_\_

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