



SMALL GROUP DISCUSSION GUIDE

 WWW.FAITHISHERE.ORG/UNSUBSCRIBE

GETTING STARTED



We are so excited that you are hosting an Unsubscribe Group! We believe God desires to heal, redeem, and set people free. The great news is He's going to use your group to do just that!

For **FAQ's**, **Group Resources**, and **Additional Promotional Resources** for your group, visit www.faithishere.org/unsubscribe.



"Small groups are not a ministry of the church, small groups are not a program of the church, small groups are not an outreach of the church, small groups are not an event of the church, small groups are the church."

- Pastor Rick Warren





UNSUBSCRIBE

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WEEK 1: UNSUBSCRIBE FROM FEAR

Summary

This sermon focuses on unsubscribing from irrational fear and embracing God's plan for our lives. While acknowledging that some fear is natural and protective, Pastor Tim emphasizes that irrational fears can paralyze us and prevent us from experiencing God's purpose. The message distinguishes between healthy fear that protects us from danger and unhealthy fear that stems from imagination rather than reality.

Opening Prayer

Heavenly Father, as we gather to discuss the topic of fear, we ask that You would help us to be open and honest with one another. Give us the courage to be vulnerable and the wisdom to see where irrational fears may be holding us back from Your perfect plan. Help us to trust in Your character and Your goodness. In Jesus' name, amen.

Ice Breaker

What's something you were afraid of as a child that you can laugh about now?

Key Verses

- 2 Timothy 1:7
 - Psalm 34:4
 - Hebrews 11:6
 - Proverbs 27:17
-

WEEK 1:

UNSUBSCRIBE FROM FEAR

Discussion Questions

1. How do you distinguish between rational and irrational fears in your life?
2. The sermon mentions that fear becomes unhealthy when it's rooted in imagination rather than reality. Can you share an example of this from your own experience?
3. How has fear prevented you from stepping into something God may have been calling you to do?
4. What does it mean to you that God has given us a spirit of power, love, and a sound mind instead of fear?
5. How can understanding God's character help us overcome our fears?
6. The sermon mentions that iron sharpening iron can be a loud and violent process. How have difficult relationships or circumstances helped shape you?
7. What role does community play in helping us overcome our fears?
8. What practical steps can we take to 'unsubscribe' from irrational fears in our daily lives?

Life Application

This week, identify one irrational fear that has been holding you back. Write it down and commit to praying specifically about this fear each day. Take one small step toward facing this fear while relying on God's strength and the support of your small group.

WEEK 2: UNSUBSCRIBE FROM SHAME

Summary

This sermon focuses on unsubscribing from shame, comparing shame to a story arc that continuously repeats without resolution. The pastor explains how shame often stems from feeling unclean, rejected, or exposed, and emphasizes that Jesus not only bore our sins on the cross but also our shame, experiencing deep humiliation during his crucifixion.

Opening Prayer

Heavenly Father, as we gather to discuss the topic of shame, we ask that You create a safe space for vulnerability and healing. Open our hearts to receive Your truth and help us recognize the freedom You offer through Christ's sacrifice. Guide our conversation and help us support one another with grace and understanding. In Jesus' name, Amen.

Ice Breaker

What's your favorite movie plot twist of all time and why did it impact you?

Key Verses

- Hebrews 12:2
 - Genesis 3:7-10
-

WEEK 2:

UNSUBSCRIBE FROM SHAME

Questions

1. How would you define shame in your own words, and how is it different from guilt?
2. The sermon mentioned three scenarios where shame occurs: feeling unclean, rejected, or exposed. Which of these resonates most with your experience?
3. How does the idea that Jesus experienced shame on the cross impact your view of His sacrifice?
4. What are some common triggers that tend to bring up feelings of shame in your life?
5. How has shame affected your relationship with God and others?
6. What does it mean to you that your greatest shame could become your greatest testimony?
7. The pastor said 'if it's under the rug, it's not under the blood.' How does keeping shame hidden affect our healing process?
8. What practical steps can we take to begin unsubscribing from shame in our lives?

Life Application

This week, identify one area of shame in your life and commit to sharing it with a trusted friend, counselor, or spiritual leader. Begin the process of bringing it into the light, allowing God's truth to replace the lies shame has told you about yourself.

WEEK 3: UNSUBSCRIBE FROM ANGER

Summary

This sermon focuses on the need to unsubscribe from unhealthy anger in our lives. The pastor distinguishes between healthy anger (towards injustice, sin, etc.) and unhealthy anger that is disproportionate to situations and damages relationships. He explores both internal triggers (injustice, frustration, disappointment) and external triggers (past experiences, physical pain, mental health) that can lead to anger.

Opening Prayer

Heavenly Father, as we gather to discuss the topic of anger, we ask that You give us wisdom and discernment. Help us to be honest about our own struggles with anger and open to Your transforming work in our lives. Guide our conversation and help us learn from one another. In Jesus' name, Amen.

Ice Breaker

What's something small or trivial that tends to irritate you more than it probably should?

Key Verses

- James 1:19-20
 - Proverbs 14:17; 29
 - Proverbs 29:11
 - Ephesians 4:26-27
-

WEEK 3: UNSUBSCRIBE FROM ANGER

Questions

1. What's the difference between healthy and unhealthy anger? How can we tell the difference in our own lives?
2. The pastor mentioned several internal and external triggers for anger. Which ones do you most relate to and why?
3. How has anger impacted your relationships with others? Can you share an example?
4. What role does our upbringing play in how we handle anger? How can the Holy Spirit help us overcome negative patterns?
5. The pastor suggested a '24-hour rule' for handling anger. What strategies have you found helpful in managing your own anger?
6. How can we be angry without sinning, as Ephesians 4:26 suggests?
7. What role does prayer and God's presence play in helping us manage anger?
8. Of the tips shared for handling anger, which one do you think would be most helpful for you to implement?

Life Application

Choose one of the anger management strategies mentioned in the sermon (such as the 24-hour rule, exercise, or seeking counsel from healthy kingdom-minded believers) and commit to implementing it this week when you feel anger rising. Keep a journal of how it affects your response to triggering situations.

WEEK 4:

UNSUBSCRIBE FROM UNFORGIVENESS

Summary

This sermon focuses on the topic of unforgiveness and its destructive impact on relationships with both people and God. The pastor discusses five common lies people believe about unforgiveness, including the belief that some offenses are too great to forgive or that forgiveness implies acceptance of wrongdoing. He emphasizes that unforgiveness can harden hearts and poison relationships if left unchecked.

Opening Prayer

Heavenly Father, as we gather to discuss the challenging topic of forgiveness, we ask that You would open our hearts to Your truth. Help us identify areas where we may be harboring unforgiveness and give us the courage to be honest with ourselves and each other. Guide our discussion and show us Your path to freedom through forgiveness. In Jesus' name, Amen..

Ice Breaker

What's the hardest thing you've ever had to forgive someone for that you feel comfortable sharing with the group?

Key Verses

- Romans 3:23
 - Psalm 55:12-14
 - Matthew 6:14-15
-

WEEK 4:

UNSUBSCRIBE FROM UNFORGIVENESS

Questions

1. Which of the five lies about unforgiveness mentioned in the sermon do you find yourself most often believing?
2. How has unforgiveness affected your relationship with God in the past?
3. The pastor mentioned that forgiveness doesn't mean forgetting, but 'remembering it forgiven.' What does this mean to you practically?
4. How do you typically know when you've truly forgiven someone?
5. Why do you think Jesus made such a strong connection between our forgiveness of others and God's forgiveness of us?
6. What makes it particularly difficult to forgive those closest to us?
7. How can we maintain a forgiving heart while still establishing healthy boundaries with others?
8. What steps can we take to prevent unforgiveness from taking root in our hearts in the first place?

Life Application

This week, take time to write down names of people you may be holding unforgiveness toward. Commit to pray for God's blessing on each person's life daily, even if you don't feel like it. Start with just one person if the list feels overwhelming.

WEEK 5: UNSUBSCRIBE FROM ISOLATION

Summary

This sermon focuses on the importance of unsubscribing from isolation in Christian life, emphasizing that being physically present with others doesn't necessarily mean we're truly connected. The pastor explains that true community involves allowing others to see us authentically and being in genuine relationship with fellow believers. He draws from the early church model in Acts 2, where believers gathered regularly to break bread, share fellowship, discuss scripture, and pray together.

Opening Prayer

Dear Lord, as we gather together, help us to be honest with ourselves about areas where we might be living in isolation. Give us the courage to be vulnerable with one another and the wisdom to understand Your design for authentic community. Open our hearts to what You want to teach us today. In Jesus' name, Amen.

Ice Breaker

What's your favorite way to spend time with friends that helps you feel genuinely connected to them?

Key Verses

- Acts 2:42-47
 - John 17:20-23
 - John 10:10
-

WEEK 5: UNSUBSCRIBE FROM ISOLATION

Questions

1. How can someone be physically present in a group but still be living in isolation? Have you experienced this?
2. The pastor mentioned that unsubscribing from isolation means 'allowing people to see you. What makes this challenging for you?
3. What's the difference between being around people and being in true community with them?
4. How has technology or social media impacted our ability to form genuine connections with others?
5. What are healthy ways to process questions about faith while staying in community?
6. What are some warning signs that you might be drifting into isolation?
7. The pastor emphasized that unsubscribing from isolation isn't a one-time decision. What makes it necessary to continuously choose community?
8. What practical steps can you take to make community a 'non-negotiable' part of your life?

Life Application

This week, evaluate your schedule and identify what changes you need to make to commit two hours weekly to being in a relationship that sharpens you spiritually. Come prepared next week to share what adjustments you plan to make.

WEEK 6:

UNSUBSCRIBE FROM CONTROL

Summary

This sermon focuses on unsubscribing from control and learning to trust God completely. The pastor emphasizes that control is fundamentally a trust issue, where we struggle to believe that God has our best interests at heart. He explains that when we try to maintain control instead of surrendering to God, we often develop an offense towards Him and allow distrust to enter our relationship.

Opening Prayer

Heavenly Father, as we gather to discuss the challenge of surrendering control, we ask that You open our hearts and minds to Your truth. Help us to be honest with ourselves and each other about our struggles with control. Guide our conversation and show us areas where we need to trust You more fully. In Jesus' name, amen.

Ice Breaker

What's something simple in your daily routine that you absolutely have to have control over? (For example: making your bed a certain way, organizing your coffee station, etc.)

Key Verses

- Proverbs 3:5-6
 - Matthew 16:25
 - Psalm 119:105
-

WEEK 6:

UNSUBSCRIBE FROM CONTROL

Questions

1. Why do you think it's often easier to believe God exists than to believe He is good?
2. The pastor mentioned that control is a trust issue, not a personality trait. How does this perspective change how you view your own tendency to control?
3. What areas of your life do you find it most difficult to surrender control to God?
4. How has trying to maintain control in your life actually led to more anxiety or frustration?
5. The sermon mentioned 'don't outrun your headlights.' How can this analogy help us understand God's guidance in our lives?
6. What are some 'micro surrenders' you could start with in your journey of releasing control?
7. How has God shown His faithfulness in past situations where you've had to surrender control?
8. What fears come up when you think about fully surrendering control to God?

Life Application

This week, identify three small areas of your life where you typically maintain tight control. Choose one of these areas and practice intentionally surrendering it to God through prayer and action. Keep a journal of how this makes you feel and what you learn through the process.

The background of the entire page is filled with colorful confetti, including streamers and small circular pieces in shades of pink, blue, yellow, and teal.

THE FINALE: DISCUSS A FUN “END-OF-SERIES” ACTIVITY THE GROUP COULD DO TOGETHER!

**TAKE TIME TO PLAN A CELEBRATION FOR WHAT
THE LORD HAS DONE DURING YOUR TIME
TOGETHER!**

**IT’S A GREAT TIME TO DECIDE IF YOUR GROUP
WILL CONTINUE TO MEET AND MAKE PLANS FOR
YOUR NEXT CURRICULUM.**

THANK YOU FOR HOSTING A GROUP!

**ARE YOU READY TO KEEP YOUR GROUP GOING?
CONTACT YOUR GROUPS COORDINATOR OR CAMPUS
PASTOR FOR NEXT STEPS!**

**VISIT
WWW.FAITHISHERE.ORG/GROUPS**

