

# WEEK 2

## COME OUT OF HIDING

Reading: Chapter 3 - When Hiding Entered the Story

### WEEKLY FOCUS

We were designed to be known, but after sin entered the story, hiding entered with it. Fear and shame can teach us to protect ourselves, manage what others see, and remain present without truly being open. This week invites the group to recognize where hiding has become a pattern and to begin moving toward trustworthy, healthy connection.

### THE AIM

Week 1 established that we were designed for connection. Week 2 addresses the tension that follows: **if we were created to be known, why do we hide?** The goal is not forced vulnerability or telling everything to everyone. The goal is helping people recognize the difference between healthy privacy and unhealthy hiding, and creating a safe path toward being known.

### BEFORE YOU GATHER

- **Read Chapter 3:** When Hiding Entered the Story.
- Complete the personal Reflection questions at the end of the chapter.
- Review the Chapter 3 Discussion Guide in the back of the book.
- Come prepared to consider where fear, shame, past hurt, or self-protection may be shaping the way you relate to people.

### LEADER PREPARATION

This week can become personal quickly. Do not manufacture vulnerability. Your responsibility is to make honesty safer, not to pressure people into disclosure. Model appropriate openness, protect confidentiality, and pay attention to anyone who may need more time before sharing.

### LEADER NOTE

**Wisdom matters. Trust matters. Safety matters.**

Coming out of hiding does not mean giving everyone unlimited access to your life. It means refusing to let everything important remain hidden.

### CONNECT | 10 MINUTES

Begin with the opening question from the book's Chapter 3 Discussion Guide:

**START HERE**

**When life becomes difficult, is your natural tendency to move toward people or away from them? Why?**

Let the group answer without immediately trying to correct or solve anything. Listen for patterns such as withdrawing, pretending everything is fine, staying busy, becoming defensive, or only sharing after a crisis.

**LOOK BACK | 10 MINUTES**

Ask: **What stayed with you from Chapter 3 or from your personal reflection this week?**

Then invite the group to consider whether they recognized any ways they have learned to be present around people without actually being open.

## DISCUSS + GO DEEPER | 30-35 MINUTES

Turn to the Chapter 3 Discussion Guide in *Designed for Community*. Use the existing questions as the backbone of the conversation. They explore fear, shame, hiding, past hurt, trust, healthy privacy, and the places where God may be inviting us to come out of hiding.

You do not have to cover every question. When something meaningful surfaces, stay with it.

### GO DEEPER - LEADER PROMPTS

**Tell me more about that.**

**What do you think you are protecting when you hide?**

**What has made trust difficult for you?**

**How can you tell the difference between wisdom and isolation?**

**What would a safe next step toward being known look like?**

**Who has earned enough trust to be invited into that part of your life?**

## READ TOGETHER

### SCRIPTURE - GENESIS 3:7-10

Read the passage slowly. Pay special attention to Adam's explanation: **he was afraid, so he hid.**

Invite the group to notice the movement: fear leads to hiding, and hiding creates distance. Ask what they recognize about human nature, or about themselves, in Adam's response.

## LEADER EMPHASIS

**Hiding can feel like protection, but it can also keep us from receiving the very connection, support, prayer, and healing we need.**

At the same time, this is not a call to overshare. Biblical community includes wisdom. The goal is not for everyone to know everything. The goal is for important parts of our lives not to remain permanently hidden from everyone.

## LIVE IT TOGETHER | 5-10 MINUTES

### THIS WEEK'S PRACTICE - LET ONE TRUSTWORTHY PERSON IN

Ask yourself: **What am I carrying that no one knows about?**

You do not have to tell everything to everyone. Identify one trustworthy person and take one appropriate step toward allowing them into that part of your life. That may mean asking for prayer, naming a struggle, admitting that you need support, or simply giving an honest answer when you would normally say, "I'm good."

## PRAY TOGETHER | 10 MINUTES

Keep the prayer time gentle and specific. If the group is ready, invite people to pray in pairs or groups of three.

- Allow each person to share only what they are comfortable sharing.
- Pray for courage, wisdom, healing from past relational hurt, and trustworthy relationships.
- Do not turn someone's vulnerable prayer request into a counseling session in the group.
- Encourage people to check in with one another during the week.

## BEFORE YOU LEAVE

Remind the group that growth in community is gradual. One honest step matters.

### NEXT WEEK

**Read Chapters 4-5:** Build Your Circle Before the Net Breaks + Who Is in Your Tent?

Next week moves from coming out of hiding to becoming intentional about **who is around us and who has access to us.**

***YOU WERE NEVER MEANT TO DO THIS ALONE.***