

DESIGNED FOR COMMUNITY

WEEK 2

COME OUT OF HIDING

Participant Small Group Guide

READ: Chapter 3 - *When Hiding Entered the Story*

BIG IDEA

We were designed to be known, but sin introduced hiding. Fear, shame, past hurt, and self-protection can teach us how to be present without actually being open. Healthy community invites us to move toward trustworthy connection without abandoning wisdom, boundaries, or safety.

Coming out of hiding does not mean telling everything to everyone. It means refusing to let everything important remain hidden.

SCRIPTURE

Genesis 3:7-10

Adam says, *"I was afraid...so I hid."*

As you read, pay attention to the movement from fear to hiding to distance.

BEFORE GROUP

Use the book as your primary study resource this week:

- Read Chapter 3.
- Complete the personal Reflection Questions at the end of the chapter.
- Review the Chapter 3 Discussion Guide in the back of the book.
- Ask yourself: When life gets difficult, do I naturally move toward people or away from them?

WHAT STAYED WITH ME?

What stood out to you most from Chapter 3?

WHAT IS GOD SHOWING ME?

What did you recognize about fear, shame, trust, hiding, or self-protection in your own life?

Remember: Healthy privacy and unhealthy hiding are not the same thing. Wisdom matters. Trust matters. Safety matters.

FROM OUR CONVERSATION

Use this space to capture something from the group conversation that challenged, encouraged, or helped you.

SOMETHING I WANT TO REMEMBER

THIS WEEK'S PRACTICE

LET ONE TRUSTWORTHY PERSON IN.

Ask yourself one honest question:

What am I carrying that no one knows about?

You do not have to tell everything to everyone. Instead, identify one trustworthy person and consider one healthy, appropriate step toward being known.

The person I can begin allowing in:

The step I will take:

The goal is not forced vulnerability. The goal is to stop allowing fear or shame to make every important part of your life inaccessible.

PRAY TOGETHER

What is one area where you would like prayer for courage, wisdom, healing, trust, or healthy connection?

WHO CAN I PRAY FOR THIS WEEK?

BEFORE WEEK 3

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

Complete the Reflection Questions and review the corresponding Discussion Guides in the back of the book.

Next question: If we need people, how do we intentionally build the right relationships before life gets heavy?

YOU WERE NEVER MEANT TO DO THIS ALONE.