



# LIFE Group Discussion Guide

May 17, 2026

Proverbs 3:5-6

## CONVERSATION STARTERS

- What are some highs or lows you experienced this past week?
- What Scripture has been shaping you recently?
- Where have you seen God moving in your life this week?
- What did you hear in today's sermon OR read in today's passage that you would like to discuss?
- What did you learn about yourself in today's sermon/passage?
- What did you learn about God in today's sermon/passage?
- What convicted you as you listened to today's sermon OR read in today's passage?

## OPENING

**Have you ever made a decision you were *sure* was right—but it didn't turn out the way you expected? What happened?**

We all trust ourselves a lot—our opinions, feelings, and instincts. But these verses challenge us to trust God more than we trust ourselves.

Today we'll learn that real direction in life comes from trusting God, not just yourself.

## SCRIPTURE

Read **Proverbs 3:5–6** together.

Ask students to listen for:

- What God tells us to do

- What He tells us not to do
- What He promises

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## **PASSAGE SUMMARY**

These verses are about who you trust to lead your life.

- “Trust in the Lord” = depend on God completely
- “Don’t lean on your own understanding” = don’t rely only on what *you* think is right
- “Acknowledge Him” = include God in every part of your life
- “He will make your paths straight” = God will guide you in the right direction

The bottom line is, you can either trust yourself or you can trust God—but those paths don’t always lead the same place.

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## **DISCUSSION QUESTIONS**

**What do you think it means to “trust God with all your heart”?**

Not just saying you believe in Him, but actually relying on Him in decisions and situations.

**Why is it so easy to rely on your own understanding instead of God?**

- We want control
- We trust what we can see
- We think we know what’s best
- Culture tells us to “follow your heart”

**What are some ways our own understanding can lead us in the wrong direction?**

- Making emotional decisions
- Following the crowd
- Choosing what feels good instead of what’s right
- Ignoring God’s truth

**What does it look like to “acknowledge God” in everyday life—not just at church?**

- Praying about decisions
- Thinking about what God says before acting
- Including Him in school, friendships, and choices

**God promises to “make your paths straight.” What do you think that means?**

He gives direction, guidance, and helps us stay on the right path—not always easy, but purposeful.

**Why is trusting God sometimes hard, especially as a teenager?**

- Pressure from friends
- Wanting independence
- Not seeing the full picture yet

- Fear of missing out

**What's one area where teens today struggle the most to trust God? Why?**

(Allow honest discussion—friends, identity, future, relationships, etc.)

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## APPLICATION

**What is one decision or situation in your life right now where you need to trust God instead of yourself?**

Encourage students to think specifically.

**What is one practical step you can take this week to trust God in that situation?**

Examples:

- Pray before acting
- Ask for advice from a leader or parent
- Choose obedience even if it's hard

**What would it look like for you to include God more in your daily routine this week?**

(Simple steps like prayer, Scripture, or pausing before decisions.)

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**What's the difference between "following your heart" and following God?**

**Why doesn't God always show us the full plan when we want it?**

**How does trusting God grow over time?**

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## CLOSING THOUGHT

Trusting God doesn't mean you have everything figured out. It means you believe He does—and you choose to follow Him..

This week, don't just ask, "What do I want to do?" Ask, "What would God want me to do?"

Give a moment of quiet reflection:

"God, help me trust You more than I trust myself."

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## LOOKING AHEAD

Next week we will discuss **Proverbs 6:1-5** as we continue our series, *Uncommon Sense: God's Wisdom in a Foolish World*.

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## PRAYER FOCUS

Pray together:

- Thank God that He guides our lives.
- Ask Him to help students trust Him fully.
- Pray for courage to choose God's way over their own.
- Pray specifically for the invitation portion of our worship services—that hearts will be open, the Spirit will move powerfully, and people will respond in obedience to Christ.

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## COMMENTARY

### Proverbs 3:5-6

**3:5** To trust anything or anyone other than the Lord results in disaster (11:28; 28:26; cp. Ps 52:7; 62:10; Isa 30:12-13; Ezek 16:15). To rely on something—a synonym for “trust”—is to lean on it as if it were a crutch (2 Sam 1:6; Job 8:14-15; Isa 50:10). Understanding is good (16:16), but only if it is from the Lord (9:10).

**3:6** To think about God in all your ways is to invite His presence into all daily activities and decisions. Guide... on the right paths is literally “make straight” or “smooth.” God will make righteousness attainable.