



Leader's Guide for "God Meets Us at Our Weaknesses"

2 Corinthians 12:9–10 | Pastor Dave Bennett | Series: Triggered

Session Overview

This week's discussion focuses on how God meets us in our weaknesses and anxieties, transforming them into places of grace, strength, and testimony. Paul's words in 2 Corinthians 12 remind us that spiritual maturity isn't about self-sufficiency—it's about dependency on Christ.

Encourage honesty, vulnerability, and hope in this session. Your role is to create a safe space for participants to admit weakness and explore what grace looks like in real life.

Session Flow (60–75 minutes)

1. Welcome and Icebreaker (10 min)
 - Example question: "Share one thing that makes you feel strong—and one thing that makes you feel weak."
 - Purpose: to build trust and set a tone of openness.
2. Scripture Reading (5 min)
 - Read 2 Corinthians 12:9–10 aloud.
 - Optionally have someone read it from a different translation (e.g., NLT or MSG) for fresh perspective.
3. Discussion (40–50 min)
 - Use the 10 discussion questions provided below.
 - Select 6–8 of them depending on group size and time.
 - Allow silence—people often need space to process before sharing.
4. Application and Prayer (10–15 min)
 - Invite members to reflect quietly on what God is teaching them.
 - Pray specifically over people's "thorns" and anxieties.
 - Consider closing with a group prayer acknowledging God's sufficient grace.

Discussion Questions

1. When you think of the word *weakness*, what emotions or images come to mind? Why do you think

we are so uncomfortable admitting our weaknesses?

2. Pastor Dave talked about how we often teach children to “be strong.” How has the pressure to appear strong shaped the way you handle your own struggles or anxieties?
3. Paul says he will “boast all the more gladly” about his weaknesses. What might it look like to “boast” in your weakness today without falling into self-pity or false humility?
4. Paul never tells us exactly what his “thorn” was. Why do you think Scripture leaves that detail out? How might this ambiguity help us relate more personally to Paul’s message?
5. Paul prayed for God to remove his thorn, yet God said, “My grace is sufficient for you.” Can you recall a time when God didn’t give you the answer you *wanted* but gave you what you *needed* instead?
6. The sermon emphasized that grace gives us freedom to take “an honest look at ourselves.” What keeps people from being honest about their weaknesses, even in church or small group settings?
7. How does recognizing our weakness help us depend on God rather than ourselves? In what practical ways can you “stand on the rock” when anxiety feels overwhelming?
8. Pastor Dave compared our struggles to a child learning to swim—panicking until they realize the father’s hand is holding them up. How does this image reshape the way you view God’s presence in your own anxious moments?
9. The sermon stated that “our thorns become our testimony.” Can you think of a time when a painful or anxious experience later became a powerful story of God’s grace or strength in your life?
10. Looking at the sermon’s closing applications—hearing the answer you need, allowing grace to free you, recognizing God’s hand, and telling the world—which one feels most relevant for you right now, and why?

Leader Notes by Question

1. Help participants name discomfort with weakness.
2. Discuss societal pressure to appear strong.
3. Clarify that boasting means celebrating God’s power.
4. Emphasize Paul’s vulnerability and relatability.
5. Explore how God’s “no” can still be an act of grace.
6. Encourage honesty and self-acceptance through grace.
7. Highlight dependency on God over self-reliance.
8. Reinforce God’s constant presence and support.
9. Invite testimonies of transformation through pain.
10. Help participants identify and act on one takeaway.

Closing Prayer Suggestion

“Lord, thank You that Your grace is enough. In our weakness, You are strong. Help us to stop hiding, stop pretending, and start depending. Teach us to boast—not in ourselves—but in Your power at work within us. Amen.”