

Grabbing Onto God

*FCC Life Group Discussion Notes
Part 15: In the "Genesis" Series of Matthew Rogers
Matthew Rogers Preaching
07-19-26*

Opening Prayer

- Pray that God would help us recognize areas of pride in our lives where we've been trying to be strong on our own.
- Ask the Lord to give us humble hearts that are willing to embrace our weaknesses and receive His grace.

Ice Breaker

If you could describe your life right now as a weather condition (storm, calm waters, headwind, etc.), what would it be and why?

Key Scripture

Genesis 32:26-28 (NIV) – *Ask a group member to read aloud.*

Then the man said, "Let me go, for it is daybreak." But Jacob replied, "I will not let you go unless you bless me." The man asked him, "What is your name?" "Jacob," he answered. Then the man said, "Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome."

Sermon Summary

In Genesis 32, Jacob wrestles with God through the night and is forever changed after admitting who he really is. The sermon shows how we can only pretend to be strong for so long before our pride leaves us exhausted and opposed by God. True transformation happens when we embrace our brokenness and limitations, allowing God's grace and power to fill us—just as Jesus redeems our weaknesses and makes us new.

Discussion Point 1: We Can Only Be Strong for So Long

Scripture: James 4:6 (NIV) – *Ask a group member to read aloud.*

But he gives us more grace. That is why Scripture says: "God opposes the proud but shows favor to the humble."

Point Summary:

Jacob spent years scheming and trying to secure his own success and security through his own strength. Eventually, facing his brother Esau with 400 men, he reached the end of himself. The sermon reminds us that living in pride is like pedaling against a strong headwind—progress is possible but exhausting, and God actively opposes that self-sufficient attitude.

Suggested points for prayer is given in each prayer section and are up to the discretion of the leader.

Discussion Questions:

1. In what areas of life (work, family, faith) do you sometimes push through in your own strength instead of depending on God?
2. How have you seen pride create exhaustion or opposition in your own story or someone you know?

Discussion Point 2: My Handicap Can Be a Gift

Scripture: 2 Corinthians 12:9 (NIV) – *Ask a group member to read aloud.*

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

Point Summary:

After wrestling with God, Jacob walked away limping—his physical limitation became part of God’s blessing and possibly even saved his life the next day. Paul learned the same lesson with his “thorn in the flesh.” Our weaknesses and limitations are often the very places where God’s power shows up most clearly if we stop fighting them and start embracing them.

Discussion Questions:

1. What “handicap,” limitation, or area of brokenness have you been tempted to hide or resent rather than offer to God?
2. How might sharing that weakness with God (and maybe others) actually become a gift or testimony of His strength?

Discussion Point 3: The Heart of the Humble Is Near to God

Scripture: Genesis 32:27-28 (NIV) – *Ask a group member to read aloud.*

Then the man said, “Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome.”

Point Summary:

When Jacob finally spoke the truth—“I am Jacob”—no more pretending or scheming—God gave him a new name and a new identity. The sermon contrasts proud people (guarded, defensive, controlling) with broken people (transparent, approachable, quick to reconcile). Humility crushes our self-will and positions us to receive fresh grace and revival from God.

Discussion Questions:

1. Looking at the contrasts between proud and broken people, which characteristics do you see in your own life right now?
2. What would it look like practically this week for you to live with more humility and vulnerability in your relationships?

Wrap-Up

Jacob's wrestling match with God shows us that real transformation begins when we stop pretending and grab onto God in our weakness. Like Jacob, we receive a new identity in Christ when we admit our need and let Him have His way. The Gospel reminds us that Jesus specializes in redeeming brokenness—turning our limps, scars, and limitations into beautiful testimonies of His restoring power.

Challenge

This week, identify one area of pride or self-reliance you've been holding onto and intentionally surrender it to God in prayer. Consider sharing one "limp" or weakness with a trusted friend or your Life Group for prayer support. If our church is in a season of focused prayer, commit to participating in the Prayer Journey as you seek fresh grace.

Closing Prayer

- Thank God for His grace that meets us in our weakness and for the new identity we have in Christ.
- Pray for each group member to walk in humility this week, embracing limitations so Christ's power can rest on them.
- Ask the Holy Spirit to revive humble and contrite hearts in our church and community.

Handout

GRABBING ONTO GOD Life Group Discussion Handout

Key Verse: Genesis 32:26 (NIV) “I will not let you go unless you bless me.”

Main Idea: God meets us in our weakness and brokenness. Pride pushes us away from God; humility draws us close.

Quick Reflections:

1. Where am I still trying to be “strong” on my own?
2. What limitation or “handicap” might God want to turn into a gift?
3. How can I practice humility this week?

Action Step: Spend time this week praying through one area of pride. Ask God to replace it with His grace.

Memory Verse to Practice: James 4:6 (NIV) – “God opposes the proud but shows favor to the humble.”

Bring this handout back next week and share how God is working!