



## Am I Safe? - Andrea DeCook

### Icebreaker:

1. What was your favorite breakfast as a kid?
2. What age do you wish you would be permanently?

### Summary:

When we know **whose** we are and **who** we are, it impacts what we do. Knowing we belong to God, the ultimate Protector, allows us to lean into a life of security.

### Engage the Bible:

Read Romans 7:21-25. Underline what parts of the passage stick out to you. Discuss as a group.

### Small Group Questions:

- 1. Who is God to you? (ex. Refuge, creator, king)
- 2. How does the question "Am I safe?" impact your life?
- 3. What are the things you look to to make yourself feel safe?
- 4. What are some words - from scripture, prayer, etc. - you can use to find comfort in God's presence?
- 5. How does knowing that we are Children of God affect the way you view your safety (emotional, physical, financial are all areas where we may need to know we are safe)?