



Mentoring Men Discussion Guide

Episode Theme: *Dwelling with God: From Darkness to Light*

Main Scriptures: Psalm 91, Exodus 24 & 34

Goal: To explore the difference between visiting and dwelling with God, and how intimacy with Him transforms us and equips us to carry His light into dark places.

◆ 1. Opening Prayer & Welcome

- Begin with a short prayer inviting the Holy Spirit to lead the discussion.
 - Briefly introduce the theme: *Dwelling with God transforms us and prepares us to bring His light into the world.*
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◆ 2. Scripture Reflection & Discussion

Psalm 91:1–4

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty...”

Discussion Questions:

- What does it mean to *dwell* in God’s presence rather than just *visit* ?
 - How does dwelling lead to rest, protection, and transformation?
 - Verse 4 speaks of refuge under His wings. How have you experienced that kind of intimacy with God?
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Exodus 24:12–18 & Exodus 34:29–35

Moses spent 40 days and nights with God on Mount Sinai. When he returned, his face was radiant.

Discussion Questions:

- What stands out to you about Moses’ time on the mountain?
 - How do you think Moses felt coming down from that encounter into a chaotic situation?
 - Have you ever had a “mountaintop” experience with God, only to return to a difficult or dark environment? How did you respond?
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◆ 3. Real-Life Application

Prompt:

“Dwelling with God doesn’t always feel easy. It requires obedience, patience, and trust—even when things are uncomfortable.”

Discussion Questions:

- Share a time when you had to sit in the uncomfortable with God. What did He teach you?
- How can we resist the urge to “fix” others and instead reflect God’s light?
- What does obedience look like in your life right now? Is it flowing from intimacy or obligation?

Closing Prayer Points:

- Ask for a deeper hunger to dwell with God daily.
- Pray for courage to walk into dark places carrying His light.
- Invite the Holy Spirit to lead each man into greater obedience and intimacy.