

The Ultimate Guide – Week 3

HIGH SCHOOL AND ADULT GROUP DISCUSSION QUESTIONS**GROUP PREP**

In preparation for group, [watch Emmanuel's weekend service message](#) and then answer the following discussion questions.

SOCIAL TIME (10-15 minutes)

Have an ice-breaker ready, eat a snack together, or go around the circle asking your group members to share any news since your last meeting if your group is continuing from last semester. Be intentional in helping your group members get to know one another during this time and make it fun.

Ice-Breaker suggestion: Tell the group about the person in your life who has “sharpened” you the most. What did they do to help you become sharp?

CHECK-IN (15-20 minutes)

Ask everyone to describe how their action step went this past week. Last week we were challenged with this question: What specific action do you need to take this week to align your soul with God's will?

GROUP DISCUSSION QUESTIONS (45-60 minutes)

We are naturally looking for guidance most of the time. Some look at self-help books, blogs, and videos from online influencers. Some even search out advice from advisors and peers. Social media and online material have created volumes of information right at our fingertips. Despite all this information, we can only find the ultimate guide to life in the pages of the Bible. It was written over the span of 1,500 years by 44 different authors in three different languages. And to this day, five billion copies of the Bible have been sold.

1. Have you ever experienced working with or being around someone who is always exhausted? How would you describe your experience with that person, and what signaled you to know that they were exhausted?

Read through [this list of signs of exhaustion](#). Have you ever, or are you currently, seeing signs or symptoms of exhaustion in your life?

2. When we feel continuously exhausted, something in our life needs to be sharpened, but often we push past the warning signs. Read [Ecclesiastes 10:10 \(NLT\)](#)

Taking a moment to think about the season of life you are in, what is one area of your life you would consider in need of sharpening?



The Ultimate Guide – Week 3

3. Sharpening our blade takes time, but there are few better ways to invest in ourselves than taking time to stay sharp. Read [Matthew 14:23](#) and [Luke 5:16](#). Jesus prioritized time away to pray to ensure he was sharpened and ready to fulfill the purpose God had for his life, and by doing that, he sets an example for us to follow.

What is keeping you from taking the time to sharpen the area of your life previously mentioned?

How would the quality of your life change if you were to be intentional about sharpening your blade?

4. Knowing where to start can be overwhelming, especially if you are in a state of continuous exhaustion. Using the printout on page four or notecards, take a few minutes to think through the three steps to sharpening your blade listed below. Write down your thoughts for each area, and be prepared to share your answers with the group.

IDENTIFY: The one area where are you most exhausted?

DISCOVER: How can you sharpen that area of your life?

SCHEDULE: When can you set apart time to make it happen?

ACTION STEP (10-15 minutes)

Choose one of the following or create your own.

- **Discover and Schedule:** Create intentional time to act on the Discover and Schedule section of question 4.
- **Read** one of the books mentioned in the weekend service. [The 7 Habits of Highly Effective People](#) by Stephen Covey, [The Five Love Languages](#) by Gary Chapman, [Shepherding a Child's Heart](#) by Tedd Tripp
- **Gather** with someone sharp in an area of life you are dull and seek wisdom to gain ways to sharpen your blade.
- **Memorize** scripture related to the area of your life you need to sharpen.
- **Read** the Bible in one year as a group. You can find many reading plans on the YouVersion Bible App, and it allows group members to share thoughts about the text you will read.
- **Daily time with God.** Determine the type of routine you'd like to have to spend time learning about what pleases God. Here are some ways to do this:
 - o [Download the Emmanuel app](#) and read the One Year New Testament daily.
 - o [Download the YouVersion app](#) and find a devotion you can do daily.
 - o If you recently placed your faith in Christ and texted SAVED to 65248, read the devotional provided in your starter kit.

**The Ultimate Guide – Week 3****PRAYER (5-10 minutes)**

Give everyone in your group an index card. Ask them to write their name and action step on one side and a prayer request on the other. When finished, have everyone pass their cards to the left. Everyone in the group now has someone to connect with throughout the coming week for three reasons:

- 1) To build the relationship
- 2) To encourage to accomplish their action step
- 3) To pray for in a specific way

Ask them to place the index card on their nightstand or another place that would allow them to see it and use it every day.

GROUP SERVING OPPORTUNITIES

To determine how your group can serve together in the surrounding community, email Breanne Schafer, Emmanuel's Outreach Coordinator, at bschafer@eclife.org.

UPCOMING EVENTS

May 16-22 | Last week of Small Groups semester

May 20 | [1824](#)

June 6 | [VERB](#)

June 7 | [Impact Team Night](#)

You can find more information on all of these events at eclife.org.



The Ultimate Guide – Week 3

IDENTIFY Where are you most exhausted?

DISCOVER How can I sharpen this area
of my life?

SCHEDULE When am I going to set apart
time to make it happen?



The Ultimate Guide – Week 3
MIDDLE SCHOOL OBJECT LESSON & DISCUSSION QUESTIONS

GROUP PREP

In preparation for group, [watch Emmanuel's weekend service message](#) and then answer the following discussion questions.

ACTIVITY:**Materials needed:**

#2 Pencils, a pencil sharpener, and plain paper.

To play:

-Have students take turns writing the phrase "Sharpen Your Blade" first with the dull pencil and following with the sharpened pencil. Have them notice which pencil was easier to write with, which one wrote more smoothly, and which one produced a better result.

1. When we often feel overwhelmed or exhausted, we may have a "dull blade" in our life. Have you ever felt overwhelmed consistently? Were you able to identify why you felt that way?

2. Becoming sharp in any area of life takes time, and when we spend the time to sharpen ourselves, we see better results with less pain. Think about the activity with the pencils. It takes a little extra time to make them sharp, but which pencil gave you a better result?

Tell the group about a time when you spent extra time sharpening yourself and had a much better result because of it.

What pain might you have experienced if you would have failed to sharpen yourself?

3. Working hard to sharpen our blades makes our life better, but it can be hard to know where to start. Take a few minutes to answer each of these questions:

**The Ultimate Guide – Week 3****IDENTIFY: Where are you most exhausted?**

Is it at school? A situation at home? In your relationships?

DISCOVER: How can you sharpen that area of your life?

Is there someone from whom you can seek wisdom? A devotional you can do on the bible app? A study group or extra practice you can attend?

SCHEDULE: When can you set apart time to make it happen?

How often/when do you need to do what you found in the discover portion?

PRAYER (5-10 minutes)

Give everyone in your group an index card. Ask them to write their name and action steps on one side and a prayer request on the other. When finished, have everyone pass their cards to the left. Everyone in the group now has someone to connect with throughout the coming week for three reasons:

1. To build the relationship.
2. To encourage them to accomplish their action step.
3. To pray for in a specific way.

Ask them to place the index card on their nightstand or another place that would allow them to see it and use it every day.

GROUP SERVING OPPORTUNITIES

To determine how your group can serve together in the surrounding community, email Breanne Schafer, Emmanuel's Outreach Coordinator, at bschafer@eclife.org.

UPCOMING EVENTS

May 16-22 | Last week of Small Groups semester

May 20 | [1824](#)

June 6 | [VERB](#)

June 7 | [Impact Team Night](#)

Find more information on all of these events at eclife.org.
