



No Regrets- Week 4

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

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

SOCIAL TIME (15-30 minutes)

Have an ice-breaker ready, eat a snack together, and/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: Play a quick round of "Highs and Lows" by sharing a low point and high point from the past week. Remember to always end on a high note!

GROUP DISCUSSION QUESTIONS (45-60 minutes)

Through this series, we have learned we all have regret. Regret is the feeling of sorrow or lament over something you did or did not do. Regret most significantly comes from settling. To live a life void of regret, we have to dream big, be committed, take risks, and be in a team of other like-minded individuals.

1. When you think of an incredible team, what comes to mind? Maybe it's the '95-'96 Chicago Bulls? Possibly it's the state championship winners in Remember the Titans? Or the assembling of the Avengers? Share a well-known team that comes to your mind with the group.

It is often said you are the sum of the five people you spend the most time with. Read [Proverbs 13:20](#). Take a moment to think about who your five people are. How have they become the closest to you? Has being surrounded by those people impacted your life positively or negatively?

2. Building a team offers many benefits to our life. Read [Ecclesiastes 4:9-12](#). When surrounded by the right people, we have better strength, courage, endurance, productivity, efficiency, support, defense, and so much more.

In what area of life would you see the largest improvement if you surrounded yourself with the right people?



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3. To be on a good team, we have to be good teammates. Andy Stanley once said, "You have to be the person the person you are looking for is looking for."

How would you describe yourself as a teammate to others? When you think of the quality of people you would like to be surrounded by, are you currently displaying those qualities yourself?

4. Erwin McManus said, *"You will never sustain greatness or fulfill your God-given calling if you see people as an obstacle to your destiny rather than essential to fulfilling God's purpose for your life."*

We were created for greatness that God distinctively designed for our life. Still, we will never fulfill that calling if we don't become intentional about the people who surround us.

What specific action do you need to take this week to build a better team around you?

ACTION STEP (10-15 minutes)

Choose one of the following or create your own.

- **Connect:** Create space to connect with a person who is growing in an area you would like to grow in as well and encourage each other through the week.
- **Act of Value:** Find three ways you can be intentional about adding value to people's life this week and do them.
- **Read a book:** Mentioned in the weekend service [Chasing Daylight by Erwin McManus](#). Or [Power of Other by Henry Cloud](#)
 - o Purchasing books out of budget? Get a [Johnson County Library Card](#) or [Indianapolis Public Library Card](#) for free access to books and audio books.
- **Journal:** Spend time each day reflecting/ journaling on the ways you served as a good teammate or areas you can improve.
- **Memorize Scripture:** Consider one of the verses mentioned in the weekend service: [Proverbs 13:20](#) or [Ecclesiastes 4:9-12](#)
- **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. You can even decide to do one as a group to encourage one another as you do the daily readings.
 - o If you recently placed your faith in Christ and texted SAVED to 65248, read the devotional provided in your starter kit.

**No Regrets- Week 4****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

Impact Week is September 11th- 15th. This is a great opportunity to serve as group. Service opportunities are now open on the website and can be viewed by texting SERVE to 65248 or visiting eclife.org/impactweek.

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

UPCOMING EVENTS

September 5th | Labor Day weekend (No onsite groups or childcare at any campus)

September 7th | Worship Development

September 11th | Impact Week Begins

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