



Thrive- Week 2

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 game of 'Sentence Starters.' Write down the beginning of many sentences on separate slips of paper and put them all in a bowl. Then each group member will pull out a few sentences, read each one aloud, and finish it how they see fit. Click this link for some examples: [Sentence Starter Game Examples](#).

GROUP DISCUSSION QUESTIONS (45-60 minutes)

God made you to thrive. Thriving means to flourish, to prosper, or to grow vigorously. A thriving life in God is marked by joy, peace, love, faith, grace, purpose, and meaning. Yet, our path to a thriving life is under constant opposition. We live in a world with a real enemy who uses lies to hinder us from thriving the way God designed. The enemy is strategic in the way he speaks into our life. The best way to combat his lies is to connect to the ultimate source of truth, which is God.

1. We all do things that make us feel good. What is something that makes you feel good? Is it a clean house on a Saturday morning, or maybe a fresh graphic tee from your favorite shop? An iced coffee from the coffee shop down the street or doing something kind for someone else?
2. Our thoughts and feelings have the power to change the outcome of our days, weeks, and lives as a whole.

In his book [Renovation of the Heart](#), Dallas Willard says, "Even the feelings that harm us are, for the most part, not bad in themselves, but are somehow not properly limited or subordinated. They are out of order. Feelings are, with a few exceptions, good servants. But they are disastrous masters."

What feelings currently play the role of master in your life?

What is the impact of leading from those feelings on your decisions, relationships, or attitude?



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3. Read [2 Corinthians 10:5](#). We do not have to obey or give in to our destructive thoughts and feelings. To thrive, we have to take charge of them instead.

How would you describe your ability to take captive your thoughts and feelings?

What area of your life would improve if you grew in your ability to take every thought captive?

4. Read [Galatians 5:24](#). We cannot stop just at captivity when it comes to our destructive thoughts and feelings, but we must nail them to the cross to be crucified as we submit them to Jesus Christ.

What thought patterns or feelings do you need to nail to the cross this week?

What is one action step you can take this week to grow in your ability to take charge of your thoughts and feelings?

ACTION STEP (10-15 minutes)

Choose one of the following or create your own.

- **Start a devotional:** Consider one of the following from the Bible App: [Winning the War in Your Mind](#), or [Get Out Of Your Head](#)
- **Get Support:** If you struggle with patterns of destructive thinking or feelings, connect to Emmanuel's adult or student counseling resources at eclife.org/counseling
- **Prayer:** Carve out a specific time to talk with and hear from God. Practice the [Prayer of Examen](#), or Use the Lectio 365 App to guide you through a daily time of prayer ([Apple store](#) or [Google play](#))
- **Journal:** Identify destructive thoughts and feelings by keeping a daily journal of your thoughts and feelings and how those influenced your actions.
- **Memorize Scripture:** to combat the lies we think, consider one of the following: [James 1:13-15](#), [2 Corinthians 10:5](#), [Galatians 5:24](#), or [Romans 12:2](#)
- **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:
 - [Download the Emmanuel app](#) and read the One Year New Testament daily.
 - [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.
 - If you recently placed your faith in Christ and texted SAVED to 65248, read the devotional provided in your starter kit.



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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 Associate Outreach Director, at bschafer@eclife.org.

UPCOMING EVENTS

September 18th | Family Adventure

September 23rd | 1824

October 3rd | VERB

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