



## HIGH SCHOOL AND ADULT GROUP DISCUSSION QUESTIONS

### **GROUP PREP**

In preparation for group, [watch Emmanuel's weekend service message](#), download the [Walk By Faith: 21-Day Devotional](#), and then answer the following discussion questions. You may find some additional information on the 21-Day Fast on the subscription link above.

### **SOCIAL TIME (10-15 minutes) - For Leaders**

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.

### **CHECK-IN (15-20 minutes)- For Leaders**

This is week one of the winter semester. There is no Check-In. However, we encourage you to download the **Group Agreement** and the **Group Commitment Card** found at <https://eclife.org/groups-documents> to set a few healthy expectations for your group and plan your calendar. Below are some practices of a healthy group.

### **GROUP DISCUSSION QUESTIONS (45-60 minutes)**

2 Corinthians 5:7 states, "For we must walk by faith, not by sight." This verse declares that faith should be a guiding principle in our lives and is critical to our faith journey. We all have things swirling in our day-to-day life that can bring anxiety and worry, but God desires us to seek him in all these things.

1. If you had to pick a number, about what percentage of your life feels overwhelming? What specifically feels overwhelming?

What do you do when you feel overwhelmed?

2. Read [2 Corinthians 4: 8-9 \(NLT\)](#) and [Matthew 6:33 \(NLT\)](#). Everyone experiences freak out moments. When we look at scripture, Paul endured an incredible number of overwhelming circumstances. Paul had to maintain faith in something beyond what he was experiencing in the moment.

What does it mean to seek the kingdom of God, and why do we need to search for it?

3. Read [2 Corinthians 4:17 \(NLT\)](#). How can living with full confidence in the unseen reality of God's kingdom benefit your life each day?

As a church, we are entering a 21-Day Fast, and all are encouraged to participate. Fasting is temporarily abstaining from something, like food, in order to intensify our expression of need for God and His work in our lives. If you haven't already decided to participate, what kind of fast might help you walk by faith by looking deliberately for God in overwhelming areas of your life?



## Walk By Faith – Week 1

*(Remember that it is vital to take care of your health and consult a doctor before engaging in a food fast.)*

4. John Lubbock said, "What we see depends mainly on what we look for." In what areas of your life are you overwhelmed and need to look for God's activity this week?

What action step can you take this week to begin to walk by faith and not by sight?

**ACTION STEP (10-15 minutes)**

Choose one of the following or create your own.

- **Download** and daily participate in the [Walk By Faith: 21-Day Devotional](#).
- **Serve others.** Join the [Impact Team](#) by registering for Emmanuel's next Impact 101 on February 1.
- **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, and read the devotional provided in your starter kit.

**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.

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**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](mailto:bschafer@eclife.org).

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**UPCOMING EVENTS**

January 10 | [VERB](#)

January 15 | [High School Retreat](#)

January 21 | [The 1824](#)

February 1 | [Impact Team Night](#) (text TEAM to 65248 to register for this event)

February 14 | [VERB](#)

*Find more information on all of these events at [eclife.org](http://eclife.org).*



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## MIDDLE SCHOOL OBJECT LESSON & DISCUSSION QUESTIONS

### **GROUP PREP**

In preparation for group, [watch Emmanuel's weekend service message](#), download the [Walk By Faith: 21-Day Devotional](#), and then answer the following discussion questions.

#### **ACTIVITY:**

##### **Materials needed:**

- Balloons (1 per student)
- Sharpie markers (1 per student)

##### **To play:**

Have each student blow up and tie off a balloon. With Sharpie markers, create four sections on the balloon by drawing one vertical and one horizontal line around the balloon. Read the following to write in each section of the balloon.

In section 1, write your dreams and things you are looking forward to in life.

In section 2, write things that have been sad in your life or the mistakes you have made.

In section 3, write the happiest memories in your life.

In section 4, write things in your life that make you feel stressed or overwhelmed.

Hold on to those balloons for later. You might consider having them line them up along the wall to maintain focus as you move to the questions.

1. Everyone experiences freak out moments. You wrote some of those times on your balloon. Would anyone like to share something that stresses you out or makes you feel overwhelmed?

Read [2 Corinthians 4: 8-9 \(NLT\)](#). Paul had to go through a lot of painful and stressful things as a Christian. When we look at how he lived, Paul kept faith in something beyond what he was experiencing.

Why do you think Paul was able to keep moving forward and spreading the news about Jesus even when all of these hard things were happening to him?

2. Read [Matthew 6:33 \(NLT\)](#). What does it mean to seek the kingdom of God, and why do we need to search for it?

3. When you look at the items you wrote on your balloon, in what areas can you look for God this week and help avoid feeling overwhelmed and stressed?



## Walk By Faith – Week 1

4. There are lots of ways that we can learn how to walk by faith. One way is to join in the 21-Day Fast all together. You can talk to your parents about participating in the fast, and we also have a Walk By Faith: 21-Day Devotional that everyone can do together. Reading God's word each day is an excellent way for us to seek God and see Him working in our lives.

**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
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