

The Ultimate Guide – Week 1

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) - 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.

Ice-Breaker suggestion: What is one good thing happening in your life right now? What makes it good?

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

Ask everyone to describe how their action step went this past week. We asked, when you consider the names on your notecard, here are three things to put into action this week. What actions did you take this week?

- Pray specifically for each person on your card.
- Be patient with the individual when you interact with them. Don't retaliate if you are in a challenging situation with them.
- Consider restoration with the person if they have wronged you.

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, the ultimate guide to life can only truly be found in the pages of the Bible. It was written over a span of 1500 years by 44 different authors in 3 different languages. And to this day, 5 billion copies of the Bible have been sold.

1. What is the craziest or most ridiculous self-help idea that you have seen in books, on TV or online?

When you come up against something that is difficult and you don't know the answer, where do you tend to go to find the answers? For instance, if you are struggling with getting your son to do his chores or to show kindness to his siblings, where do you go to for information?

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2. There is no shortage of so-called experts on every topic you can imagine. While they very well may have valuable information to share, we can sometimes overlook the most powerful authority in our lives. [Read Matthew 7:24 \(NLT\)](#).

The powerful imagery of the Bible being a firm foundation that can endure floodwaters and storms paints a clear picture of the value the Bible has when we apply it to our own lives. Why do you think that it is difficult to apply God's word to our lives on a consistent basis?

3. One important truth that the Bible provides is the principle that you reap what you sow. Read [Galatians 6:7-8 \(NLT\)](#). What is the difference between living to satisfy your own desires and living to please the Spirit?

Can you think of a time in your own life when sowing to please your own desires caused you to "reap" destruction or harm?

[2 Corinthians 9:6 \(NLT\)](#) says "Remember this- a farmer who plants only a few seeds will get a small crop. But the one who plants generously will get a generous crop." You are always sowing into your life. Based on the quality of your life, what do you sow the most?

4. What seeds should you be sowing that you are not?

What specific actions can you take this week to be more intentional about sowing seeds that reap a harvest that draws you to Christ?

ACTION STEP (10-15 minutes)

Choose one of the following or create your own.

- **Journal** daily about what you sow in your life and those that are in your sphere of influence.
- **Read** the Bible in one year as a group. Many reading plans can be found 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 and read the devotional provided in your starter kit.

**The Ultimate Guide – Week 1****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 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 8-9 | [Baby Dedication & Mother's Day Weekend](#)

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.
