

The Ultimate Guide – Week 2

---

**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 your “go-to” self-care activity if you're feeling tired, overwhelmed, or in need of rest?

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

Ask everyone to describe how their action step went this past week. Last week we were challenged with this question: What specific actions can you take this week to be more intentional about sowing seeds that reap a harvest that draws you to Christ?

**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 met someone who seemed to have a healthy soul? What characteristics did that person display that gave you that impression?

Think about the last couple of days. How would you consider the health of your soul right now? What specific actions or experiences did you recall that influenced you to answer that way?

2. [Proverbs 4:23 \(NLT\)](#) tells us to “guard our hearts above all else.” Why do you think that Solomon urges us to be so mindful of the condition of our hearts? What is the potential harm that can come if we fail to guard our hearts daily?



## The Ultimate Guide – Week 2

3. Guilt, shame, fear, anger, self-loathing, and disappointment can be just a few of the warning signs our soul may be misaligned. Read [Romans 7:15 \(NLT\)](#). Share a time in your life where you found yourself in conflict with God's will?

The Bible is capable of providing guidance in every circumstance of life. What difference would using the Bible as a guide have made in the examples shared previously?

4. Read [Mark 12:28-31 \(NLT\)](#). Loving God with our whole heart, soul, mind, and strength heals our soul and brings us back to unity with God. In what ways might the next 24 hours be different if you were to take this statement seriously? How might it influence the decisions you make, the way you spend your time, or the way you relate to others?

What specific action do you need to take this week to align your soul with God's will?

---

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

Choose one of the following or create your own.

- **Read** Soul Keeping by John Ortberg
- **Journal** daily reflections to help you identify where your soul may be misaligned from God and add scripture to your journal to help you move forward.
- **Memorize** scripture to grow in your knowledge of the Bible and the guiding words within its pages.
- **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 and read the devotional provided in your starter kit.

**The Ultimate Guide – Week 2****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](mailto: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](http://eclife.org).*

---