



Thrive – 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 (15-20 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.

Ice-Breaker suggestion: Check out this fun game to continue to get to know the people in your small group. [I Know Who You Are Icebreaker](#)

### **CHECK-IN TIME (15-20 minutes)**

Last week we were challenged with this question: What specific action do you need to take this week to align your soul with God's will? Ask everyone to describe how their action step went.

### **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. This weekend, we learned that "anger is extraordinarily easy. It's our default setting." Why do you think it is so easy to become a short-tempered person or let a situation make us mad?
2. The real damage in our lives is caused by what we do when we become angry. Read [Proverbs 14:17](#).
  - a. Share a time that you got so angry that you reacted in a way that you later regretted.
  - b. How did your angry words or actions affect the people around you?
3. In James 1:19-20, the Bible says, "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak and slow to get angry. Human anger does not produce the righteousness God desires." Anger can cause you to miss the will of God. How have you seen this play out in your life?

Anger can also destroy you emotionally. What emotions would you say generally dominate your life? Is it love, peace, and joy, or do you usually find yourself offended, entitled, or angry? Is it possible to be filled with joy and anger? Why or why not?



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4. Read [Romans 2:1-3](#). Pastor Danny shared three practical ways to eliminate anger in our lives: Prepare ourselves, choose to forgive ahead of time, and self-reflect that we have 'done this too.' Which one of these is the most challenging for you? Will you choose to let go of anger today? What step will you take to do so?

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

Choose one of the following or create your own.

- **Get Support:** If you struggle with patterns of anger, connect to Emmanuel's adult or student counseling resources at [eclife.org/counseling](http://eclife.org/counseling).
- **Prayer:** Carve out a specific time to talk with and hear from God. Some possible prayer starters:
  - "Lord, allow me to self-reflect so that I will not be quick to anger when things don't go my way."
  - "God, give me patience when dealing with people who anger me and help me show them grace."
- **Memorize Scripture:** to combat the lies we think, consider one of the following: John 10:10, Proverbs 14:17, 1 Samuel 25:13,22 and James 1:19-20
- **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.

**PRAYER (5-10 minutes)**

- Partner up with one person in your group.
- Share something that you want to apply in your life from this weekend's message.
- Make sure you have one another's numbers and text throughout the week for accountability.

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



**UPCOMING EVENTS**

October 3<sup>rd</sup> | VERB for Students 8th-12<sup>th</sup> grade (Fall Tailgate Party immediately after)

October 6<sup>th</sup> | Night of Worship (Banta Campus and Greenwood Campus)

October 10<sup>th</sup>-16<sup>th</sup> | Fall Break (No onsite groups or childcare at any campus)

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