



Triggered – Week 4

1824 GROUP DISCUSSION QUESTIONS**GROUP PREP**

In preparation for group, [watch Emmanuel's weekend service message](#), then answer the following discussion questions.

CHECK-IN TIME

Talk about what you did last week to complete your action step.

GROUP DISCUSSION QUESTIONS

All month we've been looking at what it means to be triggered and how we can respond more like Christ in those moments we really don't want to. We are called to live a life of love, but often our calling and our behavior don't match.

1. When you hear the word "calling" what do you think of?

Pastor Danny shared how all followers of Christ share a common calling to walk in love. Were you aware of this calling or surprised to learn about it?

2. Read [Ephesians 4:1-3](#). What words stand out to you?

If you look at your actions for the last week, have you been living worthy of that calling? A life filled with love? Or are there specific areas you need to improve?

3. Are there any people or situations that you continue to find yourself triggered by? Even as you've worked through taking responsibility, seeking healing, letting God be in the driver's seat, and creating space to connect with God and build a shield?

4. Read [Luke 6:32](#). Some of us are really great at loving our families, but we care nothing for the stranger at the grocery store or the other drivers on the road. Some of us show all sorts of kindness and forgiveness to those we meet in public, but then we hold grudges against our family and think more about what is best for us than what might bless them or point them toward Christ.

Is it harder for you to show authentic love to those closest to you or to those you don't really know?

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Love proves the authenticity of our faith. Are you undermining the gospel you say you believe in by allowing yourself to be triggered? Will you live out your calling by showing them authentic love?

ACTION STEP

Choose one of the following or create your own. Consider finding an accountability partner within your group to walk alongside you this week.

- **Look for Opportunities to Show Love:** We reflected above on whether it's easier to show love to those close to us or to strangers. Whichever one you determined you need more work on, look for 3 chance this week to show authentic love to them.
- **Try Journaling:** Is there someone you're avoiding because it's hard for you to love them? Try journaling and praying about it. It's possible the Lord wants you to learn to love them. Ask for His help.
- **Study Scripture:** Meditate on and/or memorize scripture. Consider one of these passages: [Ephesians 4:1-3](#), [Ephesians 5:1-2](#), [Luke 10:30-37](#), or [John 13:34-35](#).
- **Get Accountable:** Find a friend, share the changes you are going to make, and allow them space to hold you accountable to those changes.
- **Daily time with God:** Determine the type of routine you'd like to have that allows you to spend time learning how to live like Jesus lived. Here are some ways to do this:
 - [Download the Emmanuel app](#) and read the One Year New Testament daily.
 - Use the [Lectio App](#) or the [Pause App](#) to guide your morning prayer & Bible study.
 - If you recently placed your faith in Christ and texted SAVED to 65248, read the devotional provided in your starter kit.

PRAYER

Ask your group to share two things:

- Prayer requests for themselves and the people in their lives.
- Ask for reasons to praise God. It is great to come to God in thanksgiving for all He has done.

Keep note of the burdens in people's lives and notice when God moves in those areas specifically. We believe God will see prayers become praise, and it is an opportunity to increase our faith when we are in the position to bring that to light.



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GROUP SERVING OPPORTUNITIES

One of the best ways for your group to grow closer to each other and to God is by serving others. You can find a list of Group Serving Opportunities at eclife.org/groups-resources. For further questions contact outreach@eclife.org.

UPCOMING EVENTS

Baptism Registration Deadline | March 29

Easter Weekend | April 8-9

Summer Camps | June 8-July 13

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