



HIGH SCHOOL AND ADULT GROUP DISCUSSION QUESTIONS

GROUP PREP

In preparation for group, check out this 5 minute [video of David Brooks](#) about his book *The Second Mountain*, [watch Emmanuel's weekend service message](#), then answer the following discussion questions.

SOCIAL TIME (10-15 minutes)

Use the [Back-to-Back Drawing](#) icebreaker, choose from one of the other ice breakers on Emmanuel's [leader tools](#), or create your own.

CHECK-IN (15-20 minutes)

Ask the group what they learned after completing their action step. Last week's question was, "If you have not yet been baptized, will you create a plan to be baptized? If you have been baptized, what do you need to do to experience more of the baptized life?"

GROUP DISCUSSION QUESTIONS (45-60 minutes)

Over the last several decades our culture has made a dramatic shift from "we are all in this together" to "every man for himself." This hyper-individualized environment has caused us to lose trust, meaning, purpose, and a connection with others. How do we navigate our way back to joy-filled living?

1. What is happiness for you? What is your path to get there?

What's the difference between happiness and joy?

2. Author, David Brooks, uses the illustration of two mountains. The first mountain is all about finding happiness through personal achievement and places life's primary focus on ourselves. How has American culture influenced this ideology?

Read [Matthew 10:39 \(NLT\)](#). Describe the type of life Jesus is hoping we find.

Author, David Brooks, describes the same type of life Jesus is referring to in his book, [The Second Mountain](#). Second mountain living is all about experiencing joy through a life focused on others. Why do we find it difficult to transition from a self-centered life to an others-centered life?

What indicators would tell us we are focused on ourselves, and what indicators would tell us we are focused on others?



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3. Read [Acts 20:35 \(NLT\)](#). We find joy in giving our lives away for the sake of others. Share an example of how giving your time, energy, money, or other resources has impacted your journey of faith and the levels of joy you experience.

How does this work? Why would increasing our levels of generosity increase our levels of joy?

In what areas of life do you lack generosity? In what ways could you become more generous?

4. Read [Luke 9:23 \(NLT\)](#). Followers of Jesus lead lives of generosity. What changes do you need to make this week to be more generous with your time, energy, talents, money and resources?

ACTION STEP (10-15 minutes)

Choose one of the following or create your own.

- **Serve others.** Join the [Impact Team](#) by registering for Emmanuel's next Impact 101 on December 14th.
- **Give.** Set up a reoccurring financial gift by texting [GIVE](#) to 65248.
- **Read** the book, [The Second Mountain](#), by David Brooks, to gain insight on how to transition from first mountain to second mountain living.
- **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 Purchase a [Jesus Calling](#) devotional and read it daily.

FILL IN THE BLANKS BELOW FOR THIS UPCOMING WEEK'S ACTION STEPS.

My action step is _____.

This coming week, I will encourage _____ to complete their action step.

Their action step is _____.

My memory verse is _____.

This coming week, I will pray for the group's following prayer requests:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

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

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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.

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

November 14 | [Surviving the Holidays: Griefshare](#)

November 19 | [1824](#)

December 6 | [VERB](#)

December 12-13 | [Baptism Services](#)

December 14 | [Impact Team Night](#) (text TEAM to 65248 to register for this event)

December 17 | [1824](#)

More information on all of these events can be found at eclife.org.



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**MIDDLE SCHOOL OBJECT LESSON &
GROUP DISCUSSION QUESTIONS**

1. To begin, play this simple, fast-paced game on generosity.

ACTIVITY:**Materials needed:**

- *strips of paper to create paper chains
- *pens or pencils
- *staplers

Divide your group into two teams. Give each group a stack of paper strips and a stapler to create paper chains.

We are going to have a little friendly competition. We are going to see which group can make the longest paper chain in five minutes.

But there is a catch. On every strip of paper you need to write one example of how you can be generous (Complete sentences not required. This isn't English class.) Loop each of your paper chain pieces together to create the longest chain possible. At the end of 5 minutes we will measure the chains and declare the winner.

2. Everyone wants to find happiness and people try to find it in lots of different ways. How do you find happiness in your own life? What kinds of things do you do to find happiness?

3. Read [Matt 10:39](#) and [Luke 9:23](#). Based on these verses, we learn that we have to give up our own pursuits of happiness to find real joy. How are happiness and joy different?

How would living for Christ and giving up your own wants bring joy to life?

4. Read [Matthew 20:28](#). This verse is important because it shows us the importance of us serving others. Even Jesus, the son of God, served others and he tells us to do the same. How could serving others bring joy to you?

What changes do you need to make this week and in the coming months to become more generous in your giving of your time and resources?

- Are you on the Impact Team?
- Is there a way to serve others at school?
- Is there someone in your classroom that doesn't fit in that you could serve?

PRAYER (5-10 minutes)

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