



No Regrets- Week 2

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 (15-30 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 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: [Play a game of this or that](#) with your group! This is a great way to start a conversation.

GROUP DISCUSSION QUESTIONS (45-60 minutes)

We all have regrets in life. Regret is the feeling of sorrow or lament over something you did or did not do. Many different things can cause regret, but most significantly, it comes from settling. God did not call us to live a life of settlement or regret. He called us to an abundant life not just in heaven but every day on earth too.

1. Anything worth having does not come easy. What is something you have accomplished that required a lot of work, or what is something you have failed to do because of the amount of work it required?
2. Dreaming big and accomplishing our goals has a cost. So often, we look at the cost and do not desire to 'pay it.' This is a result of laziness in our lives. Read [Proverbs 18:9](#) and [Ecclesiastes 10:18](#).

Laziness is a source of destruction in our lives, like a leaking roof in our home. Where is laziness destroying your life?

Often, we use excuses to relieve ourselves from being accountable for the work necessary to accomplish the goals we have set. What excuses have you made in the area you mentioned in the previous question?

**No Regrets- Week 2**

3. Ken Blanchard said, "*There's a difference between interest and commitment. When you're interested in doing something, you do it when it is convenient. When you are committed to something, you accept no excuses, only results.*"

When we commit ourselves to something, our "should dos" turn into "must-dos." Imagine what change for the better would happen if we made this swap in our minds. Share with the group what would be different if you swapped your "shoulds" with "musts."

4. God did not create us to live a life of regret. As growing believers, we want to live out all that God has designed for our lives. [Read Nehemiah 6:9](#). What is one area you can work with even greater determination to make your dreams become a reality this week?

ACTION STEP (10-15 minutes)

Choose one of the following or create your own.

- **Identify where laziness lives:** Spend intentional time this week identifying the goals you want to accomplish and how you can remove laziness to accomplish them. Bring that list back and share it with the group next week during check-in.
- **Read a book:** This will encourage you to eliminate excuses and dream big, like [Dream Big by Bob Goff](#).
- **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. You can even decide to do one as a group to encourage one another as you do the daily readings.
 - o 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)

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 to accomplish their action step
- 3) To pray for in a specific way



No Regrets- Week 2

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 Associate Outreach Director, at bschafer@eclife.org.

UPCOMING EVENTS

August 18th | Respite Night at the Banta Campus

August 19th | 1824

August 21st | Impact Week Registration opens

September 7th | Worship Development

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