



Get A Grip- Week 2

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: See who has the most bible knowledge by playing a round of [bible trivia](#).

CHECK-IN TIME (15-30 minutes)

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

GROUP DISCUSSION QUESTIONS (45-60 minutes)

1. 40% of our behavior is automatic. It happens without any thought or effort. Think about your day today. Where do you recognize those automatic actions taking place in your day?
2. We asked you last week to identify where you needed to practice self-control. Think again of those areas of your life. How are your habits hurting or helping you achieve self-control in that area?

Charles Duhigg says, *“A keystone habit start a process that, over time, transforms everything.”* What keystone habit do you need to develop to strengthen your self-control?

3. Habits are formed and created into a cycle including a cue, routine, and reward. What do your habits say about the reward you are craving? If you applied, or sustained, self-control in that area of your life what difference would it make?
4. Read [Colossians 3:9-10](#). Habits are not just a tool to improve our life practically, but they aid us in building a life that honors Christ through self-control.

What action do you need to take this week to strengthen your habits?

**Get A Grip- Week 2****ACTION STEP (10-15 minutes)**

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

- **Create a keystone habit:** Make a commitment to small change in one area of your life.
- **Prayer:** Strengthen your relationship with God by creating a habit of daily prayer.
- **Read a book:** Consider reading [Atomic Habits](#) by James Clear or [Power of Habit](#) by Charles Duhigg.
- **Get Accountable:** Find a friend, in or out of your group, who can help you succeed in creating a habit by checking in and holding you accountable.
- **Journal:** Daily journal on how you practiced self-control.
- **Daily time with God:** Determine the type of routine you'd like to have that allows you 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.
 - 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)

Ask your group to share two things

- Prayer requests for themselves and the people in their lives.
- Ask also for any reason to praise, it is great to come to God in thanksgiving for all He has done.

Keep note of the burdens in people's life 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.

GROUP SERVING OPPORTUNITIES

Join a serve week project! Serve Week is a week set aside for all of Emmanuel Church to work together in our communities to show love to our neighbors and those in need in practical and intentional ways. You can find available opportunities at eclife.org/serveweek.

UPCOMING EVENTS

September 10 | Serve Week Begins

September 17 | Family Adventure

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