



## Get Out of Your Head – Week 1

**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**

Spend time talking through the past week. How did your action steps go? Where did you see God moving in your life?

**GROUP DISCUSSION QUESTIONS**

Our thoughts lead to behaviors, which lead to actions, which lead to consequences. Our nature is to have thoughts that are negative, but scripture has shown us we can replace those negative thoughts with positive truths. This week, we tackled how to create thought patterns that create satisfaction in God.

1. According to the National Science Foundation, 80% of our thoughts are negative. Is this true in your thought life?

Read [Colossians 3:2](#) and [Philippians 4:8](#). Scripture shows us that we can choose to change our thoughts by replacing our thoughts with biblical truths. Have you had success putting these scriptures to practice? If yes, what was the impact to your life inside and out of your thoughts? If no, what makes these scriptures difficult for you to practice?

2. Are you naturally a more content-natured person or someone who tends to look for the “next thing”?
3. **“This”** will make me happy. What is your “this”? Where in your life are you chasing happiness? Where do you see evidence of this play out in your day-to-day life?
4. Read [John 4:13-14](#). God is the only one who can truly satisfy us, but we are constantly tempted by our “this”. What are some ways you can identify you are starting to feel unsatisfied with or disconnected from the satisfaction in God?

What consequences (positive or negative) lie on the other side of your ability or failure to recognize and replace your unsatisfied thoughts?

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5. What do you need to do this week to replace your **“this”** with God?

**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.

- **Fast:** Remove the thing that you are chasing and spend the next week focusing on God and His character, love, and ability to satisfy you.
- **Study the Word:** Find a devotion or [bible plan](#) to connect you to scriptural truths that will guide your thoughts. Consider [Habits of Happiness by Rick Warren](#).
- **Memorize Scripture:** Putting the Word of God to memory is the fastest way to combat negative thoughts. Find a verse relative to where you need to grow most, or choose one from the sermon this week: [Colossians 3:2](#), [Romans 12:2](#), [Philippians 4:8](#), [John 4:13-14](#), or [John 3:37-38](#).
- **Read a book:** [Get Out of Your Head by Jennie Allen](#), [Renovation of The Heart by Dallas Willard](#), [Soul Keeping by John Ortberg](#), [As a Man Thinketh by James Allen](#).
- **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 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**

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.

**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/groupsresources](http://eclife.org/groupsresources). For further questions contact [outreach@eclife.org](mailto:outreach@eclife.org).

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**UPCOMING EVENTS**

May 13&14 | Baby Dedication

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