



## 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)**

This is the first week of group! If you are a newly formed group, spend some time getting to know one another. Have an ice-breaker ready, eat a snack together, and/or go around the circle asking your group members to share a little about themselves. If you are a returning group, go around and share any news since your last meeting. Be intentional in helping your group members get to know one another during this time and make it fun.

Ice-Breaker suggestion: Play the game "Whodunit". Have each person write down something interesting they've done on a note card (e.g., skydiving, have lived in 10 different states, drank a gallon of milk in five minutes—the sillier the better). Put the note cards into a hat, give it a nice shake, and have each person draw a note card they will then read aloud. The reader must then try to guess "whodunit" and why they came to that conclusion.

**CHECK-IN TIME (15-30 minutes)**

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

**GROUP DISCUSSION QUESTIONS (45-60 minutes)**

Self-Control is defined as the ability to do what you need to do, even if a part of you doesn't want to, or the ability not to do what you shouldn't do even when you want to. The bible echoes in its importance in [Proverbs 16:32](#), "Better to be patient than powerful; better to have self-control than to conquer a city." In today's conversations we will dig into the role purpose plays in our ability to practice self-control.

1. Self-control will always be difficult until you understand why it's needed. Purpose creates and maintains self-control. Who do you know that has exemplified self-control fueled by purpose? What made their choices stand out to you?
2. Danny mentioned a few areas of his life that connect to his purpose and motivate him to practice self-control. Those included an intimate walk with Jesus, a great relationship with his spouse, having influence for the Kingdom, and having financial peace.

**Get A Grip- Week 2**

What does purpose mean to you personally? How/ Where do you find a sense of purpose in your life?

3. Read [1 Corinthians 9:24-27](#). We train ourselves in body, mind, and spirit for eternity through self-control. What area of your life are you currently needing to practice self-control? When you reflect on your choices in that area of life currently, is it training you for an eternal prize?

4. Read [2 Timothy 4:28](#). We all desire to reach the end of our life and look back to a race well run. What action do you need to take this week to strengthen your purpose and practice self-control?

**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.

- **Identify your purpose:** If you struggle to know what your purpose is, spend time this week reflecting on the four questions Danny mentioned in the service.
- **Study the word:** Consider doing one of the following bible plans: [Pursuing Your Purpose](#) or [Passion & Purpose](#).
- **Read a book:** Consider reading [Purpose Driven Life](#).
- **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**



**Get A Grip- Week 2**

To determine how your group can serve together in the surrounding community, email Breanne Schafer, Emmanuel's Associate Outreach Director, at [bdeavila@eclife.org](mailto:bdeavila@eclife.org).

---

**UPCOMING EVENTS**

August 16 | Serve Week Registration Opens

September 10 | Serve Week Begins

September 17 | Family Adventure

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