



Traveling Light – Week 4

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. Be intentional in helping your group members feel connected during this time and make it fun.

Ice-Breaker suggestion: Would you rather carve pumpkins or go to a haunted house?

CHECK-IN TIME (15-30 minutes)

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

GROUP DISCUSSION QUESTIONS (45-60 minutes)

There are some things in this life we're just not meant to carry. Worry, bitterness, insecurity, and envy can weigh us down and even overwhelm us. Once envy creeps into your thoughts, it can contaminate your heart and infect your soul. We'll never truly be able to walk in the abundant life God has for us until we throw off the weight of envy.

1. The 3 tips shared for conquering envy were: Accept that life is not fair, recognize everyone has major problems, and remember who you are. Which one of these is the hardest for you to practice? Why?
2. Envy steals our ability to feel joy in other people's successes. Where have you seen this be true in our world today?

We might be experiencing envy when we personally struggle to cheer for other people in their triumphs. Competing and comparing in our own life keeps us from celebrating the good things happening in other people's lives. Tell the group about a time you found it difficult to celebrate someone else's successes. Why do you think that it was so hard?

3. [Read Matthew 25:14-15](#). In this parable, some were given more gold than others, but each person was given gold based on their ability. In the end, the master cared only for how each person chose to steward what they had.

To overcome envy, we have to realize that life is not fair. We have all been given different gifts and abilities, and it is our job to steward all God has gifted us.

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Where are you *currently* focusing on the “5 gold coins” someone else has instead of focusing on the “1 gold coin” you have been given?

4. [Read Romans 8:32](#). God was willing to give His own son for the opportunity to give you everything you need. How might your life change for the better if you were able to find peace and contentment in exactly what God has provided you right now and the belief that He won't fail to give you what you need tomorrow?
5. Will you let go of envy? Where is envy most tempted to grow in your life and what do you need to do this week to let it go?

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.

- **Scripture:** Meditate on and/or memorize related verses: [Proverbs 14:30](#), [James 1:17](#), [Romans 8:32](#)
- **Celebrate Others:** Make it a point to celebrate the people around you this week when they win, even if you are tempted to be envious.
- **Journal:** Turn your journal into a gratitude journal. The grass is green where you water it, so focus on praising God for the blessings he's already given you and stewarding well the gifts he has entrusted to you.
- **Read:** [Traveling Light by Max Lucado](#)
- **Seek Counsel:** Connect with your Campus Pastor or staff team to help you connect to some counseling services.
- **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 (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.



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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

Partner with The Refuge to stock their pantry shelves with boxed food as we head into cooler months. For information on how to get involved visit their therefugeinc.com/get-involved. For any questions reach out to Breanne De Avila at bdeavila@eclife.org.

UPCOMING EVENTS

Be the Change | Now through November 4

Middle School Retreat | November 11-12

Impact Team Night | November 14

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