



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

Ice-Breaker suggestion: How do you take your coffee?

**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. Everyone has something to forgive, and we'll never truly be able to walk in the abundant life God has for us until we throw off the weight of bitterness.

1. Forgiveness is not forgetting, forgiveness is not fair, and forgiveness is not always reconciliation.

Have you ever believed any of these things about forgiveness? Did that belief make it harder for you to forgive?

2. We have heard the saying before "hurt people hurt people". How have you seen this to be true in your life or in the life of anyone around you?

Where can you show empathy for someone who might be acting out of their past hurt?

How would showing empathy help your heart transform and allow you to avoid acting out of your own past hurt?

3. Forgiveness is easier said than done. This week we learned about decisional forgiveness versus emotional forgiveness.



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Have you ever said you forgive someone, but continued to carry around the emotional weight of unforgiveness? How would you describe what carrying that bitterness feels like? How has it impacted your life?

4. The things we need to forgive may have stolen our past, but when we choose bitterness and unforgiveness, we allow them to steal our future. The abundant life we want is on the other side of forgiveness.

Who do you need to forgive and what is holding you back from forgiving?

### **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 and/or memorize verses about forgiveness: [Matthew 6:12](#), [Colossians 3:13](#), [Luke 17:4](#). Dig deep into the parable Pastor Matt mentioned in Matthew [18:21-35](#).
- **Journal:** Ask God if there's anyone you need to forgive. As he reveals those people/situations to you, take each one back to him. Remember how much you've been forgiven, choose to forgive, empathize with the person who hurt you, and commit to the process. It may take you "70 times 7" before you feel forgiveness in your heart, but don't give up.
- **Read:** [Moving Forward by Everett L. Worthington, Jr.](#) Or [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 Emmanuel Church and INSOLE as we seek to support our local police department with birthday bags! For information on how to get involved reach out to Breanne De Avila at [bdeavila@eclife.org](mailto:bdeavila@eclife.org) .

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### **UPCOMING EVENTS**

Night of Worship | October 12

Impact Team Party | October 24

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