



Get Out of Your Head – Week 2

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 feelings, 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 worked out how we can overcome the thought “What will other people think of me?”

1. Whose opinion carries a lot of weight in your life?

Has valuing someone's opinion ever caused you to change the way you act in certain environments, influenced you to adjust the decisions you make, or shifted the direction of your life completely? Share an example of this with the group.

2. Our values and beliefs serve as an anchor to our life and feed the purpose we have. What beliefs serve as an anchor for your soul?

Do you feel clear on the purpose you have in life?

If yes, what is that purpose and how do you live that out each day?

If no, do you think finding clarity is hard because of your desire to please people in your life? Consider the questions below and share with the group where you feel a sense of purpose arising out of your responses.

- What do you love?
- What breaks your heart?
- What do you do well?

3. [Read Galatians 1:10](#). Pleasing people can hinder us from the purposes God placed on our life. How do you create protection over the purpose placed on your life from pressure of what other people will think?

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4. Do you seek God's opinion in every aspect of your life? What makes it difficult to do this in certain areas of our life?

5. When we have clarity on who we are, our purpose, and fearing God, the result is internal peace, internal freedom, and intimacy with God. Are you experiencing these in your life? Which of the three has the most opportunity for growth?

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.

- **Study the Word:** Find a devotion or [Bible plan](#) to connect you to scriptural truths that will guide your thoughts. If there is a specific area you are struggling with, find a study on that topic.
- **Memorize Scripture:** Putting the Word of God to memory is the fastest way to combat negative thoughts. Find a verse relative to where you want to grow.
- **Prayer:** Commit time to intentional prayer. Seek God's opinion and ask for the strength to overcome the desire to please others more than Him.
- **Join the Impact Team:** The Impact Team is a way Emmanuel offers to help you find your God-given gifts and live purposefully. [Connect to your Campus Pastor](#) to jump on board.
- Watch: [Week 2 of our previous series "Get A Grip"](#) which focuses on how to find your purpose.
- **Read a book:** [Get Out of Your Head by Jennie Allen](#), [Renovation of The Heart by Dallas Willard](#), [Soul Keeping by John Ortberg](#).
- **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.



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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

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. For further questions contact outreach@eclife.org.
