



Triggered – 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: Would you rather travel back in time to meet your ancestors or go to the future to meet your descendants?

CHECK-IN TIME (15-30 minutes)

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

GROUP DISCUSSION QUESTIONS (45-60 minutes)

Proverbs 14:17 says “a quick-tempered person does foolish things”. Yet, we live in a world where people are always reacting to the things happening around them without much thought and with much emotion. This month we'll be looking at what it means to be triggered and how we can respond more like Christ in those moments we really don't want to. This requires taking responsibility for ourselves and letting God be God.

1. What is something you are in charge of?

We all have some arena where we are the authority. Share about a time that your authority was undermined or challenged. How did you respond?

2. Before this message from Pastor Danny, would you have said you had a tendency of sitting in the seat of God in your life?

We may not think we are prone to act like we are God, but when we don't get our way in a situation, we find ourselves dwelling upon anger, depression, or other emotions. Is there any situation where you are willing things to go your way, and is that will power blocking your ability to surrender it to God?

How would the emotional temperature of your home or soul change if you could surrender those hopes to God and trust him to act, rather than trying to make things happen in your own power?



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3. When we don't get our way, it isn't uncommon to doubt God. Share a time you doubted Jesus because his timeline or means were different from your plans. If that situation has been resolved, can you see now how God was working things out for your favor or blessing in the long run?

God is not afraid of our doubt; he wants us to lean on him through the doubts and trust that His plan is better than ours. God may be quiet at times, but part of faith is choosing to believe He is still in charge and working things out for our good even when we don't understand why certain things are happening.

If you have recently surrendered a circumstance to God, what does it feel like in the moment to let God be in the driver's seat and trust that he is working things out for you? If you haven't surrendered a circumstance in your life yet, what is stopping you?

4. [Read Ephesians 4:26](#). There is a difference between feeling triggered and acting on that feeling. Situations, people, or circumstances might stir up emotions, but if we are growing in [the Fruit of the Spirit](#), we will find it easier to practice self-control. What can you put into practice to help you as you work to daily submit your will to his?

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.

- **Take Note:** Make a list of all the times God has proven he is greater than we are. Come back to this list of his faithfulness whenever you feel yourself wanting to take back control on a situation you've previously surrendered to him.
- **Worship through Music:** Turn on the song [Used to This by Elevation Worship](#) or [Come and Move by Tribl](#). Spend time focusing on God and surrendering your will to His.
- **Surrendering Prayer:** Set aside intentional time to pray each morning and surrender your day to God. Surrender is a continuous flow and you may need to re-surrender something you gave to Him yesterday.
- **Seek Counseling:** Connect with Emmanuel's [Counseling Center](#) or your Campus Pastor to work through any bitterness or unforgiveness you may be carrying.
- **Study Scripture:** Meditate on and/or memorize scripture. Consider one of these verses/passages: [Job 38:1-42:6](#), [1 Chronicles 16:25](#), [Psalm 136:4](#), [Romans 8:28](#), [Ephesians 3:20](#), or [Isaiah 40:26](#).
- **Get Accountable:** Find a friend, share the changes you are going to make, and allow them space to hold you accountable to those changes.

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- **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 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

Clarity is a local partner of Emmanuel Church. Their mission is to support life through health, counseling, and educational services. You can learn more about how to serve at one of their locations at claritycares.org/get-involved/

For further questions contact outreach@eclife.org.

UPCOMING EVENTS

Baptism Weekend | April 8-9

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