



Good Bones – Week 1

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.

Since this is the first week many of our groups are meeting (or the first time together after a break), you may want to set aside a little more time to get to know each other. You can find a variety of ice breakers at eclife.org/leader-tools to help create a relaxing, laughter-filled environment.

CHECK-IN TIME (15-30 minutes)

Talk about what you're hoping to get out of group this semester. Even if you've been together for a while, it's great to clarify expectations up front. This is a great time to get out your calendars and share days that you will/won't meet and mark down when people already have vacations planned.

GROUP DISCUSSION QUESTIONS (45-60 minutes)

The quality of your life is the result of your closest relationships. This month we'll be talking about building relationships on a solid foundation of commitment, trust, communication, and forgiveness. Commitment looks like loyalty, sacrifice, and speaking and receiving the truth in love.

1. This month we will hear from Pastor Danny on the following topics: commitment, trust, communication, and forgiveness. All of this will encourage us to consider how investing in your relationships can make your life happier and healthier. Which topic are you most excited to dive into?
2. Who has shown you what it means to be a loyal person?
3. Share about a time someone made a sacrifice for your relationship. How did that affect you? What impact did it have on your relationship?

**Good Bones – Week 1**

Can you think of a relationship in your life that would benefit from you making a sacrifice? What sacrifice could you make and what is holding you back from taking that step?

4. Speaking truth in love can be very tricky. Oftentimes we are very good at truth or love, but it takes intentionality to deliver both simultaneously. On the other side of it, our pride can be a barrier to receiving the truth, even when it is spoken in love.

Can you recall a time that someone delivered a hard truth to you? How did you take it?

When you need to speak the truth into someone's life, do you face it head on, or are you more likely to avoid it?

5. We all want to be committed in our relationships, but the actions it takes to do that are easier said than done. What is the commitment level of your most important relationships? What can you do this week to continue to grow in your commitment to the people in your life?

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.

- **Lean into Scripture:** Meditate on and/or memorize verses about friendship: [Proverbs 18:24](#), [Proverbs 17:17](#), or [Proverbs 27:6](#).
- **Listen:** [Breakthrough Podcast by Danny Anderson](#) episodes (2) on “Shoring Up Relationships”
- **Ask for Feedback:** Ask the people closest to you how you could improve in the area of loyalty, sacrifice, and speaking and receiving the truth in love. Listen without responding as they share with you and plan to grow in those areas.
- **Make Sacrifices:** Look for three ways you can sacrifice something this week to help someone you love.
- **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.

**Good Bones – Week 1****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

Shepherd Community Center is doing a biweekly food distribution on the 1st and 3rd Friday of each month from 2:45-5pm. They are looking for 5-10 volunteers each time to set up the food line and place the food in the recipients' cars. Anyone interested in helping can contact Donna Alexander, Director of Volunteer Engagement at donnaa@shepherdcommunity.org. For further questions contact outreach@eclife.org.

UPCOMING EVENTS

Father Daughter Dance | March 1

Impact Team Night | March 13

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