



## Triggered – 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.

Ice-Breaker suggestion: Who was your favorite teacher in high school?

**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 healing from the hurts in our lives.

1. How do you define the word triggered?

What areas of your life make you feel the most triggered and how quickly do you react when something strikes you poorly?

2. When you react to something out of emotion (triggered), do you typically see it as something you were caused to do by someone else or a choice you made to react? Why do you think you have that point of view?
3. When we allow ourselves to react to others, it reveals more about the condition of our own heart than anything else. When have you witnessed someone react out of unhealed wounds?

[Read Matthew 12:34-35](#). We know that what we say and do flows out of what's in our heart. Do you have any unhealed wounds that are overtaking your heart?

**Triggered – Week 1**

4. Pastor Danny gave us some things we might need to do to start healing: forgiving someone, talking to someone, stop rehearsing the wrong, giving the wrong a new meaning, and asking the Lord to heal you. Is there one thing listed here that you know could help bring you healing? If not, what is one thing that will bring healing to your wounds?
  
5. Will you seek healing for your pain? What is the one specific thing you need to do this week to heal your wounds, and grow closer to Christ?

**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 Responsibility:** In order to figure out where our overreactions are coming from, we must first identify what is broken within us. Spend time listening to the Lord or journaling to find the source of your unresolved pain so that you can begin to heal.
- **Get in Specific Community:** Surround yourself with people who are healing from similar wounds. Consider joining a support group like GriefShare, Divorce Care, Celebrate Recovery, Financial Peace University, etc. [Connect to our Groups Team](#) to learn more.
- **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: [Ecclesiastes 7:9](#), [Proverbs 14:17](#), [Proverbs 16:32](#), [Galatians 5:22-23](#), or [The story of Joseph](#).
- **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.



**Triggered – 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**

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/](https://claritycares.org/get-involved/)

*For further questions contact [outreach@eclife.org](mailto:outreach@eclife.org).*

---

**UPCOMING EVENTS**

Impact Team Night | March 13

Baptism Weekend | April 8-9

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