



Get A Grip- Week 4

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: Go around the circle and have each member share three experiences they have on their bucket list.

CHECK-IN TIME (15-30 minutes)

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

GROUP DISCUSSION QUESTIONS (45-60 minutes)

How important is self-control? That is the question we have returned to throughout the past four weeks. It is so important that if we fail to practice self-control, it has the potential to influence our entire life. In the Bible, a lack of self-control kept Moses from fulfilling his purpose of leading his people to the Promised Land. It kept Esau from having the benefits of his birthright. We do not have to be bound to a similar experience. Through surrendering to the Lord, identifying our purpose, creating helpful habits, and thinking beyond the moment, we can create and sustain self-control that will lead us to an abundant life.

1. We do not like to wait. When is the last time you were annoyed by having to wait?
2. To identify where we need to practice self-control today, we need to think beyond the moment. Henry Cloud relates this process to pressing fast forward in a movie.

Before we fast forward, first let's press reverse. Think of a big life event that has already happened to you. What choices led you to achieving or experiencing that milestone?

What hurts or difficulty might you have avoided along the way if you had the wisdom to "cut" and play the situation forward?

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3. What do you want to accomplish in your life? Think about your friendships, your marriage, your career, your faith, your health, your finances, etc.

Choose one area you have lacked self-control. If you were to play the movie forward based on your current actions, would you reach your goal in that area?

4. Solomon left a legacy of wisdom for all of us through Proverbs. We, too, will leave a legacy. How do you want your movie to end? What small step do you need to take this week to see that ending happen?

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.

- **Think Beyond the Moment:** Make space this week to really play the movie forward in the important areas of your life. Consider mapping out each potential decision in a journal.
- **Proverb Challenge:** Connect with God's word and gain wisdom to think beyond the moment by reading one Proverb a day
- **Read a book:** Consider reading [9 Things You Simply Must Do to Succeed in Love and Life](#) by Henry Cloud
- **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.

Keep note of the burdens in people's life 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.



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GROUP SERVING OPPORTUNITIES

Join a serve week project! Serve Week is a week set aside for all of Emmanuel Church to work together in our communities to show love to our neighbors and those in need in practical and intentional ways. You can find available opportunities at eclife.org/serveweek.

UPCOMING EVENTS

September 10 | Serve Week Begins

September 17 | Family Adventure

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