



## Good Bones – 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: Which of Snow White's seven dwarves describes you best (Bashful, Doc, Dopey, Grumpy, Happy, Sleepy or Sneezzy)?

**CHECK-IN TIME (15-30 minutes)**

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

**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. Trust is foundational to healthy relationships, but delicately earned and kept. It takes intentionality and care to grow trusting relationships.

1. If you were to rate your natural tendency to trust people on a scale of 1-10 [10 being you are very trusting and 1 being you find it very hard to trust anyone], where would you place your trust level? Why?
2. Has someone close to you ever failed to follow through on their word? How did it feel to wait and never have them follow through?

When have you failed to follow through for someone close to you?

3. To move forward from broken trust, we have to be willing to talk about our hurts.

When trust is broken, do you turn to God first? Is the way you are responding to broken trust reflective of that?

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4. [Read Proverbs 28:13](#). Tell the group about a time someone either failed to, or successfully, confessed and repented their mistakes in your relationship. What did that do for trust in your relationship?

Is there anyone you need to confess and repent to?

5. What is the one action you need to take this week to regain or maintain trust with the people you love?

**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.

- **Confess and Repent:** Confess to someone who was negatively impacted by your choices. Create one step to get better and commit to making that change.
- **Talk About Your Hurts:** Connect to one of [Emmanuel's Pastors](#) or [Emmanuel's Counseling Center](#) to talk through healing in a God-honoring way.
- **Follow Through:** Keep a journal of the promises you make this week and the ways you followed through. Circle back to any unfulfilled promises and make amends.
- **Study Scripture:** Meditate on and/or memorize verses: [1 John 4:20](#), [2 Corinthians 1:3-4](#), [Titus 2:7](#)
- **Ask for Feedback:** Ask the people closest to you how you could be more trustworthy. Listen without responding as they share with you and plan to grow in those areas.
- **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.



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### **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 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:donnaa@shepherdcommunity.org). For further questions contact [outreach@eclife.org](mailto:outreach@eclife.org).

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### **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](http://eclife.org).