



## Good Bones – Week 3

**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: In honor of this week's talk about communication...are you a listener or a talker?

**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've been talking about building relationships on a solid foundation of commitment, trust, and communication. Healthy communication flows from a healthy heart, is frequent and positive, and uses rituals to withstand the constant changes of life. Communication is a learned skill, and we can all grow.

1. If communication is a skill, how would you rate your current skill level? When thinking through your closest relationships, is it better with some people than others?
2. Read [Matthew 12:34](#). Your words are an overflow of your heart. What have your recent words revealed about the content of your heart to the people closest to you?

It is likely you've had moments you've shown the fruit of the spirit and times you wish you could take back. Can you give a specific example of a time you are proud of? What about a time you could have done better?

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3. [Proverbs 12:25](#) reminds us that “an encouraging word cheers a person up.” Who do you have in your life that encourages you? How does that affect your relationship?

Is there anyone you frequently encourage? How could your life look different if you made the effort to invest in your closest relationships by speaking encouraging words to those around you?

4. We know that we need people, and we want our relationships to withstand the constant changes of life, but it can be difficult to know where to start. Pastor Danny shared 5 communication rituals: morning check-in, 9 o'clock phone call, evening recap, weekly hangout, and quarterly planning.

Looking at your most important relationships, do any of these rituals already exist? Do you have other rituals you use that he didn't mention?

If you want to add a ritual into your relationship, it will take time and effort. You may have to rearrange your schedule, and you will most certainly have to address your priorities. What are you willing to sacrifice in order to help grow in healthy communication?

**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.

- **Evaluate your Rituals:** Each relationship needs different things to succeed; talk with those closest to you and commit to building rituals into the relationships that you most want to succeed.
- **Be an Encourager:** This week, choose at least one person and find three ways to encourage that person.
- **Consider Past Mistakes:** Identify when your communication failed in the past and commit yourself to doing better in your current relationships.
- **Study Scripture:** Meditate on and/or memorize scripture consider one of the verses/ passages: [Proverbs 12:18](#), [Proverbs 12:25](#), [Matthew 12:34](#), [James 3](#)
- **Ask for Feedback:** Ask the people closest to you how your communication is received. 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.

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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**

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).

**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).