



Traveling Light – 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: If you could only eat one dessert for the rest of your life, what dessert would you choose?

CHECK-IN TIME (15-30 minutes)

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

GROUP DISCUSSION QUESTIONS (45-60 minutes)

There are some things in this life we're just not meant to carry. Worry, bitterness, insecurity, and envy can weigh us down and even overwhelm us. Insecurity can wear down our trust in ourselves, other people, and even God. We must focus on God to complete us and then focus on others.

1. Insecurity was defined as: "lacking confidence or trust, whether in ourselves or someone else."

Where do you experience insecurity the most, in others or in yourself?

2. Moses was insecure about his past and his abilities in the present to lead his people to freedom. Gideon felt less than his peers. Jeremiah worried how his age would impact his influence. Like these people in the bible, we can make idols of past and present circumstances. These idols become anchors to our identity and leave us with many insecurities.

What is in your past, or present, that is acting as an idol in your life and causing insecurity?

Who has the strongest voice in these areas of your life: you or God?

3. Read [2 Corinthians 12:9](#). You are not enough. You will never be enough, and God does not need you to be. The things that make us feel not enough are

**Traveling Light – Week 3**

exactly what God will use to grow His kingdom, both in our hearts and in the lives of others.

How does that truth change your perspective in the areas of your life where you deal with insecurity?

What might God have for you on the other side of your decision to share the burden?

4. When we focus on God, he starts to heal our insecurities and we can start focusing on loving others. Read [Matthew 22:37-39](#).

Who has exemplified this kind of love to you? Who do you need to exemplify this love to in your life?

5. Will you focus on God and others? What do you need to do this week to begin doing that?

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.

- **Scripture:** Use the truth of the bible to find what God says about the areas you feel insecure. Use these verses as a tool to hand back insecurities to God as you feel them emerging in the future.
- **Encourage others:** If you have a good system of dealing with your own insecurities, find three people in your life this week to intentionally love in the area of their insecurity.
- **Solitude:** Find time to be alone with God. Use this space to start a conversation about who you are in Christ, not the world. Listen to [worship music](#), pray, or pair this with the action step on scripture.
- **Journal:** Take time to reflect at the end of the day and identify where you felt insecurity. Don't end the day until you've surrendered those to God.
- **Read:** [Free of Me by Sharon Miller](#) or [Traveling Light by Max Lucado](#)
- **Seek Counsel:** Connect with your Campus Pastor or staff team to help you connect to some counseling services.
- **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.



Traveling Light – Week 3

- 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 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

Partner with The Refuge to stock their pantry shelves with boxed food as we head into cooler months. For information on how to get involved, visit their website at therefugeinc.com/get-involved. For any questions, reach out to Breanne De Avila at bdeavila@eclife.org,

UPCOMING EVENTS

October 20 | 1824

November 11 | Middle School Retreat

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