



Triggered – 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 have an endless supply of one food, what 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)

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. We are responsible for our own emotional well-being, and in order to reflect Christ we have to create space to connect with God regularly.

1. We are in charge of how we spend our time, but oftentimes we get to the end of the day and wonder where it went. Can you look back at your past week and tell where you spent the most time?

Pastor Danny shared that the average American spends 2 and a half hours on social media each day, and more than 7 hours in front of a screen each day. As you pause and look at where you are spending your time—not just screen time, but each part of your weekly routine—is anything concerning to you? Is anything encouraging to you?

2. If we want to live like Jesus lived, we have to seek after God the Father like he did. Jesus didn't wait until he was in the middle of the storm to call out to God, but created a habit of regularly connecting with God. What do your rhythms of meeting with God look like currently?

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When you think through the process of choosing a spot, making it distraction-free, asking for the Holy Spirit, and engaging with the word of God, are any steps easier than others?

3. Maybe your morning routine is solid, but you still find yourself triggered at different points throughout the day. One of the biggest traps in our world is busyness. Have you ever found yourself knocked off balance by something unexpected and unable to keep up with the demands of your pace of life?

Here at Emmanuel we often talk about the abundant life. It's not a life of more stuff or more stuff to do, but of abundant joy, peace, and strength. Does your current pace of life feel in line with abundant peace, or is it overwhelming?

4. We need rest and we also need to connect with God in order to build our shield. However, there are only so many hours in a day. Is there anything in your routine that you could cut down or eliminate in order to create space? How will you build your shield?

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.

- **Word Before World:** Commit to connect with God first thing in the morning. Before you check your email, social media, or even the weather, spend time reading the Bible and praying.
- **Limit Distractions:** If you find that you are constantly pulled toward your phone, create some boundaries and stick to them. This could look like turning off push notifications on social and/or gaming apps, utilizing the do not disturb function, or turning your phone off entirely for chunks of time.
- **Go Deeper:** Read [The Ruthless Elimination of Hurry by John Mark Comer](#) or [Practicing the Presence of God by Brother Lawrence](#) to think through ways to create space to connect with God and build your shield throughout the day.
- **Study Scripture:** Meditate on and/or memorize scripture. Consider one of these verses/passages: [Proverbs 14:17](#), [Psalm 46:10](#), [Psalm 3:3](#), or [Philippians 4:7](#).
- **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 how to live like Jesus lived. Here are some ways to do this:
 - [Download the Emmanuel app](#) and read the One Year New Testament daily.

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- Use the [Lectio App](#) or the [Pause App](#) to guide your morning prayer & Bible study.
- 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

One of the best ways for your group to grow closer to each other and to God is by serving others. You can find a list of Group Serving Opportunities at eclife.org/groups-resources. For further questions contact outreach@eclife.org.

UPCOMING EVENTS

Baptism Registration Deadline | March 29

Easter Weekend | April 8-9

Summer Camps | June 8-July 13

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