



Traveling Light – Week 1

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: Have each person share a time you packed something totally unnecessary for a trip or vacation, or a time you forgot something very important.

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. God hasn't designed us to carry it all alone. Rather, he has wired us to deal with today and trust that He is in charge of the future.

1. As we dive into this series, we'll be discussing worry, bitterness, insecurity, and envy. Which of these topics is heaviest in your life?
2. What is your top worry right now?

When you think about these worries, how many of your worries are directly affecting you today? How many of them are from the past or the future?

3. Worry is worthless, but it comes at a cost. When you look at the worry you named, what is it costing you?

Read [Matthew 6:27](#). Does the knowledge that worry can't help the situation make it easier for you to calm your mind/spirit? Why or why not?

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4. What is your view of God?

Does your peace of mind reflect that God is sovereign and trustworthy? Or do you have trouble trusting God?

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.

- **Lean into Scripture:** Meditate and/or memorize verses about peace: [Philippians 4:6-7](#), [Psalm 46:1-2](#), [John 14:27](#), [Matthew 6:34](#).
- **Remember Past Blessings:** Write down times God has been faithful in the past. Refer back to this list whenever you feel worry creeping in.
- **Read:** [How to Stop Worrying and Start Living by Dale Carnegie](#), [Anxious for Nothing 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.
 - 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



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therefugeinc.com/get-involved. For any questions reach out to Breanne De Avila at bdeavila@eclife.org.

UPCOMING EVENTS

Night of Worship | October 12

Impact Team Party | October 24

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