



SMALL GROUP QUESTIONS

SMALL GROUP COVENANT

We agree to the following values:

Acceptance - We will affirm one another's contributions.

Confidentiality - What is said in the group stays in the group.

Openness - As we are able, we will be open with each other.

Refusal to Gossip - We will only speak of those who are not present in a way that builds them up.

Courtesy - We will try to be on time if possible and make this group a priority. We will avoid distractions, such as texting or answering calls during small group.

Accountability - We will allow others to hold us accountable in areas that we need to grow.

Safety - We will create a safe environment where people can be heard. No quick answers or judgements.

Dealing with Conflict - If a conflict arises between us and another person, we will approach the person directly in a loving way.

I will try, with God's help, to uphold these values the best that I can.

Signature: _____ Date: _____

#CONTENTMENT

Icebreaker - What is your most prized possession?

Discussion Questions

1. One of Jesus' closest followers, Paul, wrote this to Timothy, a man that he was mentoring,

6 Yet true godliness with contentment is itself great wealth. 7 After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. 8 So if we have enough food and clothing, let us be content.

1 Timothy 6:6-8

Paul gives us a formula for wealth in this verse that doesn't require any financial gain: godliness + contentment = great wealth. What kind of "wealth" do you think godliness and contentment produce? How does this compare to our society's definition of wealth?

2. On a scale of 1-10, how would you rate your contentment in each of these areas:

- Finances/Possessions
- Family
- Work
- Physical Health
- Mental/Emotional Health
- Spiritual Health

Contentment
1-----10
1-----10
1-----10
1-----10
1-----10
1-----10

Gratitude
1-----10
1-----10
1-----10
1-----10
1-----10
1-----10

In which of the areas above do you tend to compare yourself to others? How do you think that affects your contentment level?

Now rate your level of gratitude for the 6 areas above on a scale from 1-10. How do you think your level of gratitude affects your level of contentment?

4. Do you practice gratitude on a regular basis? If so, how?

5. Take a few minutes to list some specific things that you are grateful for from the past week. Share with the group if you're comfortable.

6. Are you currently struggling with contentment in one of your relationships? If so, how can you intentionally show gratitude to that person?

Hour Unplug Chris challenged us in the video to take one hour this week to unplug and focus on contentment. What do you think that might look like for you? How can this group hold you accountable?

#RELATIONSHIPS

Icebreaker - Who was your best friend as a kid? What did you like about them?

Discussion questions

1. Do you find it easy or hard to start a new friendship? Explain.
2. In the video, what stood out to you about Brandon and Caleb's friendship?
3. How has social media affected your friendships? Do you feel more connected or less connected? Are your friendships deeper or more shallow?
3. Do you feel like anything is missing in your friendships? What do you wish was different?
4. Openness and transparency were mentioned as something in a friendship that helps one grow in their faith. Do you have a relationship like this? If so, talk about it.

"Iron sharpens iron, and one man sharpens another."

Proverbs 27:17

5. What do you think it means to "sharpen one another?"

How do your friends "sharpen" you? How do you "sharpen" them?

6. Both Brandon and Caleb said, It's okay to have questions and doubts. Are you open with your friends about your questions and doubts? Why or why not?
7. Describe a time when a friend went out of their way to physically be there for you when you needed them.
8. Do you currently have a friend who is struggling and needs you to be a "face-to-face" friend and not just a "thumb-to-thumb" friend? How can you go out of your way to be there for them?

Hour Unplug Chris challenged us in the video to take one hour this week to unplug and focus on relationships. What do you think that might look like for you? How can this group hold you accountable?

#AUTHENTICITY

Icebreaker - What might someone be surprised to learn about you?

1. Below is an acronym for being real and authentic in your relationship with God.

R- Receive God's love and forgiveness
E- Expect God to work/move
A- Ask in prayer
L- Let go and He will take care of it

Which aspect of REAL do you find the most difficult?

2. Do you have a person or group of people that you can practice being authentic with?
For example: Do you meet with a close friend or accountability partner? Do you see a counselor?
Are you in a small group?

3. In the video, Jeremiah referred to

Confess your sins to each other and pray for each other so that you may be healed."
James 5:16

What kind of healing do you think James was referring to in this passage?

4. Have you ever shared your story with someone? If so, what was that like? If not, who would you like to share your story with?

5. Take a few minutes practicing authenticity by completing the 3+3+3 sheet on the next page on your own. Choose **one** person, place or event that has impacted your life and share with the group if you feel comfortable doing so (Feel free to share more than one if time allows).

3 + 3 + 3

3 events that have impacted my life

3 people that have impacted my life

3 places that have impacted my life

#COMPASSION

Icebreaker - Has anyone ever done a random act of kindness for you? Explain.

Suppose a brother or a sister is without clothes and daily food. 16 If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead." James 2:15-16

Do you agree with James' statement that "faith by itself, if it is not accompanied by action, is dead?" Why or why not?

2. When you see someone in need, how quick are you to respond on a scale of 1 to 10, 1 being "not at all" and 10 being "immediately?" Why do you think that is true of you?

How quick do you respond to someone in need?

(not at all) 1 — — — — — — — — 10 (immediately)

3. Describe a time when you felt compassion for someone and were moved to action.

Hour Unplug Chris challenged us in the video to take one hour this week to unplug and focus on compassion. What do you think that might look like for you? How can this group hold you accountable?

Spend the rest of your group time planning a way to practice compassion by serving together sometime in the next month. Use the following as a guide...
Need some suggestions? Here are a few ways you can get involved -

- What needs in our community does our group have a particular heart for?
- What skills or resources does our group have to meet this need?
- What will we do?
- When will we do it?
- Whose help or guidance do we need?

- The Community Basket
- Christian Ministries
- MorningStar Bread Basket
- The Muncie Mission
- The YWCA of Muncie
- The Boys and Girls Club
- The Red Cross

#REST

Icebreaker - What's your favorite place to take a nap?

1. Would you describe the current pace of your life as a stroll, a jog, or a sprint? Why?

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." **Matthew 11:28-30**

Can you relate to those who are tired, worn out, burned out on religion? Why or why not?

3. What kind of rest is most difficult for you: physical, mental, or spiritual?

"I am allowed to do anything"—but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything. **1 Corinthians 6:12**

Do you feel mastered by any media - your phone, social media, television? What are some signs that you might be enslaved to it?

5. Describe how you would feel if you spent one day with no access to your phone or computer.

6. How often do you engage in the practice of being still?

7. What boundaries have you set to intentionally rest and/or unplug from technology? If you don't have any, what would you like to put in place?

Hour Unplug Chris challenged us in the video to take one hour this week to unplug and focus on rest. What do you think that might look like for you? How can this group hold you accountable?