



Weekly Group Questions & Practices

The following questions and practices are provided as a menu for you to select from; unless your group loves truly lengthy discussions, please don't try to do everything here! Choose the questions and activities that best suit your group and timeframe.

Date: **October 10, 2021**
Sermon: **Jailhouse Joy: Partners In The Gospel**
Passage: **Philippians 2:19-30**

Discuss:

1. How were emotions dealt with in your family growing up? Were they used to intimidate or were they dismissed as unimportant or validated?
2. How healthy are you in your emotions around friends or family? How do you measure that? What do you do well? What needs improvement?
3. Think of someone who is or has been a "Jesus buddy" for you. What makes/made that relationship so rich and genuine?
4. What are some steps that you're taking these days to form "Jesus friendships?" Is this a priority for you, why or why not?
5. Take time to pray with and for each other in your small group, giving God thanks for emotions and friendships. Ask Him to use both of these essential elements of being human to make you more like Him.

Soul Training: Connect with a Soul Friend

This week, go out with a friend (or your small group) and share something good that God is doing in your life and where he may be inviting you to grow.

Extra practice

Set aside some time to pray and invite God to show you an area of your life that he is transforming. With him, consider a goal to work towards in the next 90 days. Prayerfully invite someone to be your soul friend for those 90 days and meet regularly. Invite your friend to ask you questions like, "How is your soul?" "In what ways do you need to be encouraged right now?" "What is holding you back from living more fully for God?"

Family practice

Spend some intentional time with your kids this week. Ask them how they see God moving in their life and how you can encourage and pray for them.