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Get Out Of My Head April 8, 2018

Matthew 6:25-34 Community Group Discussion Questions

**PLEASE READ BEFORE LEADING DISCUSSION**

* **Recommended questions are highlighted in bold, but select 5 or 6 questions you think will work best for your group discussion. You likely won’t have time to discuss all of the questions so choose which questions you will ask ahead of time and make sure to provide plenty of time to focus on the application questions.**
* **Feel free to edit or reword questions to best fit your group.**
* **You may want to print out copies of this document for everyone so they can follow along with the questions as you read them.**
* **Check out this Facilitation Guide (**[**http://bit.ly/CGFacilitationGuide**](http://bit.ly/CGFacilitationGuide)**) for tips on leading good discussions.**

**ICEBREAKER (5-10 Minutes)**

* **Share your name and answer the following icebreaker:**
	+ **Do you prefer the life of the city or the quiet of the outdoors?**

**OPENING THE DISCUSSION (5-10 Minutes)**

* As you reflect back on Sunday’s sermon, what Bible verse, question, statement, story or insight most challenged or encouraged you?
* **What do you find yourself worrying about most often?**
* When you worry, what have you tried in the past to stop it?
* Drew shared we shouldn’t worry because it is unhelpful, unnatural, and unnecessary.
	+ What do you think of these reasons not to worry?
	+ What other reasons would you give not to worry?

**DIGGING DEEPER (10 Minutes)**

* **Read Matthew 6:25-34 (Read it twice).**
	+ **Which of Jesus’s statements in this passage stand out to you most?**
	+ **Looking at these verses, what areas of life does Jesus say not to worry about? How does that strike you?**
	+ What do you think of Jesus alternative to worry given in verses 33?

**APPLYING IT (10-20 Minutes)**

* **In what area of your life is not seeking God first leading you to worry?**
* **Drew shared 3 ways to overcome worry:**
1. **Think about truth not uncertainty.**
2. **Understand that trouble will come and worry won’t change that.**
3. **Submit to God’s way not your way.**
	* **What would it look like for you to apply one of these truths to overcome a specific worry you are struggling with?**
* How can being active in a community group help overcome worry or stressful situations?

**GROWTH GOALS: (Probably best to discuss in your prayer group)**

* **What is a next step in your faith you want to take in the next few months?**

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| --- | --- |
| Read a chapter of the Bible every day. | Commit to attend Community Group every week. |
| Begin or increase level of volunteering at Northridge. | Memorize (\_\_number of) verses from the Bible. |
| Attend Starting Point group on Sunday’s at Northridge. | Get baptized. |
| Become a Northridge Church member. | Invite “\_\_\_\_\_\_\_\_\_\_ name” to church. |
| Start giving or increase percentage of income I give financially to church. | Connect with a friend weekly/daily to keep you accountable with good/bad habits. |

Community Group Introduction April 8, 2018

2018 Spring Groups Trimester Community Group Discussion Questions

**IF THIS IS YOUR FIRST MEETING THIS TRIMESTER - PLAN TO HAVE A MEAL TOGETHER WITH YOUR GROUP AND THEN TAKE SOME TIME TO REVIEW PLANS FOR THE COMMUNITY GROUP TRIMESTER AND REVIEW THE GOALS OF COMMUNITY GROUPS.**

**POSSIBLE ICEBREAKER (good to discuss over dinner)**

* **Do you prefer the life of the city of the quiet of the outdoors?**

**COMMUNITY GROUP OVERVIEW**

* **Review ABC’s: Purpose of Community Groups:** Apply the Bible, Build Relationships, Care for Each Other
* **Review Group Agreement:** [**http://bit.ly/CGAgreement**](http://bit.ly/CGAgreement) **(See below). Read and ask if anyone has any questions.**
* **Discuss Volunteer Schedule for snacks, childcare, hosting, and facilitation**. Bring a preassigned volunteer schedule if possible: [**www.northridgeleaders.com/volunteer-schedule-template**](file:///C%3A%5CUsers%5CJason%5COneDrive%5CDocuments%5CNorthridge%20Church%5CCommunity%20Groups%5CSermon%20Discussion%5C2017%5CIts%20Not%20You%2C%20Its%20Me%5Cwww.northridgeleaders.com%5Cvolunteer-schedule-template)
	+ **Other potential volunteer roles include: Sending weekly emails, Organizing socials or serving projects, tracking prayer requests.**
* **Discuss starting and ending time and trimester schedule.**
	+ Group trimester goes 8 weeks from April 1 – May 26.
	+ Let’s honor each other by starting on time and agreeing about how to handle the ending time. Generally it is best to have a hard ending but let people know they can stay to hang out afterwards.
* **Explain how a normal Community Group night will look for those who are new to groups and to make sure everyone in group is on the same page.**
	+ **Social time (10-20 minutes)**
	+ **Ice Breaker (10 minutes)**
	+ **Sermon Discussion (30-40 minutes)**
	+ **Group Prayer Time, Usually in gendered groups (30-45 minutes)**
	+ **Hangout/Head home**
* **Plan to collect and share contact information for group members**

**GROUP AGREEMENT**

1. **I will make this 8-week group trimester a priority by attending weekly and participating openly in group discussion. I will call ahead if I am going to be absent or late.**
2. **I will strive to build authentic relationships with those in this group by showing care, providing encouragement and praying for their needs. I will keep anything that is shared strictly confidential and within the group.**
3. **I will regularly attend services at Northridge and contribute to the ministry of the church through my attendance and inviting of others with a desire to see this group multiply down the road.**
4. **I will explore honestly my next steps for spiritual growth.**

**GROWTH GOALS**

* **What is a next step in your faith you want to take this year?** Take some time to discuss growth goals you each want to set this trimester and ask each other about them throughout the next 8 weeks.
* **See Growth Goal ideas at the bottom of the next page.**

**If your group has already met to discuss these details or had a meal together, the sermon discussion questions are included on the next page. We would suggest skipping sermon discussion the first week if you are covering the beginning of trimester details.**