

SMALL GROUP STUDY

Emotional Balance

From the sermon series, "Health & Healing"



AGENDA

- Allow people to arrive, talk, and snack – 15 min.
- Open in prayer – 30 sec.
- Ice breaker – 15-20 min.
- Show DVD – 10 minutes
- Discussion – 30 minutes
- Worship – 10 minutes
- Prayer – 15-20 minutes
- Discuss details for service project and fun night – 10 min

DISCUSSION

1. What kinds of activities deplete you emotionally?
2. What activities replenish you emotionally?
3. What activities do you currently do to try to replenish yourself but, instead, may be counter-productive and may actually NOT be replenishing you?

Icebreakers

Use the questions below to help people open up and to focus your meeting. It is very helpful to go around in a circle with the leader going first. (Remember if you have new members or guests you should take time to introduce everyone.)

1. Tell the group about a vacation you've taken. Where did you go? What did you enjoy most?
2. If you had 7 days off and could go anywhere and do anything (and it would be paid for) where would you go and what would you do?
3. When you were a teenager, what were some of the things you liked to do for fun?



4. Have volunteers read Matthew 14:22-23, Mark 1:35, 6:45-46, Luke 5:15-16, Luke 6:12-13, Psalms 23:1-3. What kinds of things can we learn from the rhythm of Jesus' lifestyle?
5. Take a moment to write down what you feel are the highest priorities in your life:

Next, examine how you spend your time. Does the way you spend your time truly reflect your priorities or are you out of balance?

6. Do you feel that you allow enough time in your daily schedule for God, your family, yourself, and others? If not, what's one change you can make this week?

PRAYER

Either stay all together and pray like you did last week...

Take time to share prayer requests. The group will pray for anyone that anyone wants to lift up in prayer (coworkers, family members, friends, etc.) but no one should leave the group with a heavy burden on their heart that didn't get prayed for. Have someone write down the prayer requests (preferably your group coordinator who will fill out the report so everyone gets the prayer requests in their email.) When you're ready to pray, have the leader open in prayer and then different people will take turns praying for each of the people on the list. Ask someone to close (all they have to say is "Amen".)

...or have the group split in half (guys and girls perhaps) and pray for each other. One group can remain in the living room and the other can go elsewhere.

PLANNING

If you still need to do so, take some time to discuss your plans for your service project and fun night.

God bless,

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