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## The Art of Living, Week #1

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### **GROUP PREP**

In preparation for group, watch this eight minute [Bible Project](#) video and [watch Emmanuel's weekend service message](#), then answer the following discussion questions.

### **SOCIAL TIME (10-15 minutes)**

Use the [Sketchin' Yo' Skillz](#) ice breaker, choose from one of the other ice breakers on Emmanuel's [leader tools](#), or create your own.

### **CHECK-IN (15-20 minutes)**

Ask your group members to share how they completed their action step and what it has taught them. Last week's question was, *How are you feeling challenged to pivot toward the mission?*

### **GROUP DISCUSSION QUESTIONS**

Everyone wants a successful life, but we often face hardships that lead to feelings associated with defeat. Statistics about depression, anxiety, and incarceration show that living a successful life is not automatic. Still, when we spend time in Scripture, we discover that a successful life is rooted in fear of the Lord.

1. When you think of a successful life, who comes to mind and why?

Project yourself into the future. If you were at the end of your life and looking back, what does success look like?

2. We can learn the necessary skills to create a successful life. Luckily, there is an entire book of the Bible dedicated to this - the book of Proverbs. Read [Proverbs 1:1-7](#). What is the fear of the Lord?

Describe the characteristics of someone who has a healthy fear of the Lord.

Read [Proverbs 16:6](#). By fearing the Lord, we avoid evil. How has a lack of fearing the Lord brought you hardship?

Read [Proverbs 14:2](#). By fearing the Lord, we are drawn to good. What good has God been drawing you to engage in? What reservations hold you back?

3. Fearing the Lord is not automatic. Instead, we must practice daily spiritual disciplines that draw us to Him. To maintain a deep love and honor for God, what deliberate practices can we build into our daily lives to draw us to the Lord? As a group, create a list of practices and the benefits derived by each.



Which of the practices discussed could be implemented immediately and which intimidate you?

4. Going forward, what will you do to become more aware of God’s presence and maintain a fear of the Lord? Describe your plan.

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**ACTION STEP (10-15 minutes)**

Choose one of the following or create your own.

- **Pick one.** Pick a spiritual discipline that you don’t regularly practice from the list your group created and implement it this coming week.
- **Commit to Read** one chapter from the book of Proverbs each day over the next 30 days. This could be a great challenge to focus on as a group.
- **Daily time with God.** Determine the type of routine you’d like to have to spend time learning about what pleases God. Here are some ways to do this:
  - o [Download the Emmanuel app](#) and read the One Year New Testament daily.
  - o [Download the YouVersion app](#) and find a devotion you can do daily.
  - o Purchase a [Jesus Calling](#) devotional and read it daily.
  - o Devote time daily to using the [Bible Project](#) and the video teaching offered.
- **Pray.** Seek discernment in God’s approval by devoting time every morning and night to prayer. If able, get on your knees. A proper position can change the way you pray.

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**FILL IN THE BLANKS BELOW FOR THIS UPCOMING WEEK’S ACTION STEPS.**

My action step is \_\_\_\_\_.

This coming week, I will encourage \_\_\_\_\_ to complete their action step.

Their action step is \_\_\_\_\_.

My memory verse is \_\_\_\_\_.

This coming week, I will pray for the group’s following prayer requests:

_____	_____
_____	_____
_____	_____
_____	_____

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**PRAYER (5-10 minutes)**

Give everyone in your group an index card. Ask them to write their name and action step on one side and a prayer request on the other. When finished, have everyone pass their cards to the left. Everyone in the group now has someone to connect with throughout the coming week for three reasons:

- 1) To build the relationship
- 2) To encourage to accomplish their action step



- 3) To pray for in a specific way

Ask them to place the index card on their night stand or another place that would allow them to see it and use it every day.

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### **GROUP SERVING OPPORTUNITIES**

To determine how your group can serve together in the surrounding community, email Breanne Schafer, Emmanuel's Outreach Coordinator, at [bschafer@eclife.org](mailto:bschafer@eclife.org).

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### **UPCOMING EVENTS**

September 13 | VERB

September 17 | 1824

October 7 | Night of Worship

*More Info at [eclife.org](http://eclife.org)*