

REFUEL



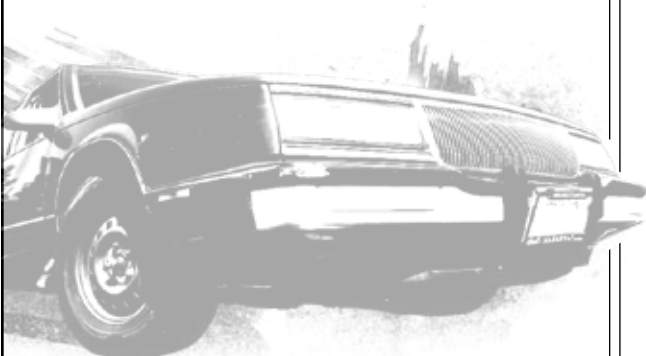
→→DISCUSSION GUIDE VOL.1

There is no one way to facilitate small group discussion. Please be freed of that expectation. There is no perfect question and since your small group isn't perfect, that should work out fine!

The goal of your time together is to get people talking and go beneath the surface dialogue to a place of hope and healing through God's power and this community of believers. Please use any of these questions or come up with your own (or use the ones in the Refuel book) to guide your discussion. There are way too many questions to use for your time together—your focus shouldn't be to answer all the questions, simply use the ones that will prompt a type of conversation that's more than casual.

The questions are broken up in the following way:

1. **Warm up:** use only if your group needs an "easy" starter question to get things going.
2. **Start digging:** these questions are intended to get you talking about life.
3. **Bible:** pausing to reflect on God's Word.
4. **Embrace community:** these questions encourage your group to talk about how they can help one another.



WARM UP→→

What was your first car? Share a funny or embarrassing first car story?

If you went to a weekend service, what is one thing you wanted to put into practice from the sermon?

START DIGGING→→

(choose a few questions that you will talk about)

1. What does spiritual emptiness feel like for you? Might there be any "themes" to your empty seasons (example: when my in-laws are in town, when work is stressful, etc...)?
2. What does it feel like to be spiritually full? What do you do to refill your tank? How often?
3. What does friendship with God look like to you?
4. Why is the comparison trap so easy to fall into?
5. Doug talks about looking at other Christians and wishing he was like them. Do you ever do that? If so, what are some of the characteristics in others that you wish you could emulate?
6. What typically distracts you from living a life focused on Jesus? How might you stay focused on Jesus instead of focusing on the other things or people in your life?

BIBLE →→

May you experience the love of Christ, though it is so great you will never fully understand it. Then you will be filled with the fullness of life and power that comes from God.
Ephesians 3:19 (NLT)

In Ephesians 3:19, Paul prays that "you will be filled with the fullness of life and power that comes from God." What does that mean, and what would it look like to be filled in that way?

In the following Scripture, the Apostle Paul writes about comparison. How does this verse encourage you in the struggle we all have with comparison?

Be sure to do what you should, for then you will enjoy the personal satisfaction of having done your work well, and you won't need to compare yourself to anyone else.
Galatians 6:4 (NLT)

EMBRACE COMMUNITY→→

Do you feel like this group is a safe place for you to share when you're spiritually empty?

Do you sense that spiritual comparison might be an issue in our group?

How can you help each other live out the full life that God offers?

How can your group pray for your spiritual growth this week?