

REFUEL

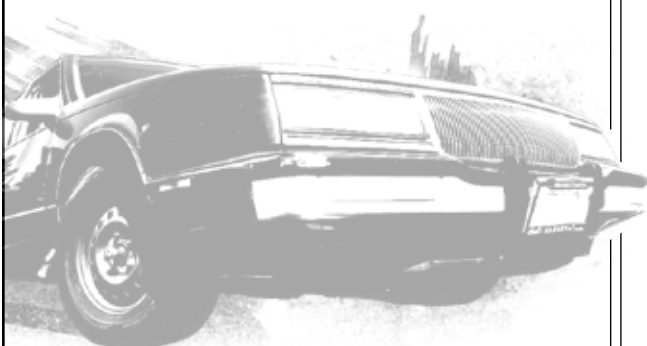
→ DISCUSSION GUIDE VOL.2

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 → →

How would you describe the "busyness level" in your life?

- ____ Bored to tears. ____ Got some of time on my hands.
____ Healthy balance ____ Can't say no.
____ Whirlwind ____ Out of control.

If you went to a weekend service, what is one thing you remember from the sermon?

START DIGGING → →

(choose a few questions that you will talk about)

1. What is the most memorable time you have spent with God? What happened? How did it start? What did you do? What did it feel like?
2. What priorities seem to get the most of your time and attention?
3. Doug says that busyness is usually driven by a deeper motivation. Stop and think about your life for a second. What are some of the motivations that drive you to be busy? What do you think you're really looking for?
4. If we desire spiritual fullness and God desires spiritual fullness for us – why do you think spiritual emptiness is so common?
5. What typically prevents you from spending time with God?
6. What would it look like for you to "stop" in your life? Do you feel like that's even possible for you?

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 may "experience the love of Christ, though it is so great you will never fully understand it." What can you do to experience the love of Christ in a deeper way?

In the video Doug re-tells the event with Mary and Martha. Who do you most relate/connect with? Why?

According to this passage, what is the one thing that is needed?

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."
Luke 10:41-42 (NIV)

EMBRACE COMMUNITY → →

How can the members of our small group help one another battle busyness? What's needed? What's realistic?

How can you help each other experience the love of Christ?

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