CONVERSATION STARTERS

- If you had to describe yourself in one word, what word would you choose?
- How would your best friend or significant other describe you (in one word)?
- If you had to describe yourself using one color, what color would you choose? Why?

SESSION ONE VIDEO

DISCUSSION

Ask eGroup members to share a phrase or moment from the video they related to the most.

“Getting started can be the hardest part.”
- What made you decide to join this group?
- Jesus is the foundation of your faith. Growing up, what did Jesus mean to you? What does He mean to you now?

“The only way change can happen is through a stretching process.”
- Who is someone you look up to as an example of faith? How have you seen them grow and change?
- What is one way your faith has changed or is changing? How does it feel?

“New levels bring new devils.”
- Describe a time you were excited to start something new but quickly found out it would be more difficult than you thought.
- What challenges in your life are you worried about facing?

“Forgetting what’s behind and pressing on...”
- How has God used the challenges in your life to help you grow?
- What is something you had to leave behind in order to move forward in your faith?
CLOSING ACTIVITY

Taking your faith to the next level isn’t about memorizing a list of answers or making a quick fix. It’s about inviting Jesus into the center of your life. Give everyone in your eGroup a blank note card and a few minutes to answer the following question (and share, if they are comfortable):

“Whether we want to be better parents, students, spouses, friends, or co-workers, we all need Jesus at the center of our lives. Choose one area of your life to invite Jesus to change over the next eight weeks. How do you want to be different at the end of our time together?”

CLOSING PRAYER

“Dear God, thank You for changing us and giving us the power to keep changing. Give us the courage and commitment to move forward in our faith. Amen.”
CONVERSATION STARTERS

• What are the best and worst gifts you’ve ever received?
• If you could take a vacation anywhere in the world, where would you go?

SESSION TWO VIDEO

DISCUSSION
Ask eGroup members to share a phrase or moment from the video they related to the most.

“I don’t have to earn what God has freely given me.”

• What is God’s grace? How has God shown grace in your life?
• Our ability to experience God’s grace in our lives is directly connected to our ability to praise God for the way He has already blessed us. What has God blessed you with?

“Take the energy you would spend trying to earn God’s grace and put it towards getting to know Him.”

• What are some practical ways people get to know God?
• What are some practical ways you can do every day to get to know Him?
• Which of these best helps you get to know God: reading the Bible, praying, coming to church, attending eGroup, or serving others?

“Let God be God.”

• What kinds of things in your life do you try to control?
• Give an example of a time when you had no control of a situation. What did you learn? What did God teach you?
• One of the things God has given you is a new life. What does it mean to live that life for God?

“You can’t out-love, out-work, or out-grace God.”

• We’ve all survived struggles and overcome obstacles to become who we are today. Share a blessing or a victory in your life that you can only attribute to God.
• God wants to give you so much more than you can imagine, but sometimes we struggle to accept His grace because we’re holding on to what we think we need to be happy. What is something you’ve had to (or will have to) leave behind in order to receive God’s grace and move forward in your faith?
CLOSING ACTIVITY
We can’t out-give God. **He is our source.** Part of living by faith is understanding and internalizing this concept.

Encourage your eGroup to answer the following question: In what ways have you tried to out give God? (e.g., promising to read the Bible every day or overfilling your schedule serving others.) Then, have them write down how they are going to rely on God as their source and trust Him.

CLOSING PRAYER
“Dear God, thank You for your grace — for saving us, providing for us, and giving us a purpose. You are faithful through every season, good and bad. We want to follow Your example and know You more. In Jesus’ name, amen.”
CONVERSATION STARTERS

• If you were an item in a convenience store, what would you be?
• If you had to write your own warning label (for the item you chose), what would it say?

SESSION THREE VIDEO

DISCUSSION

Ask eGroup members to share a phrase or moment from the video they related to the most.

“I’m not defined by my circumstances, I’m defined by my Creator.”

• Who is a positive influence in your life who has shaped who you’ve become?
• Did you grow up in church? What were you taught about God when you were younger?
• When did you first realize God loved you? How did this realization change you?

“Only the God who created us can give us labels.”

• What are some labels you would give yourself?
• What would agree or disagree with those labels?
• You are made in the image of God. How does your personality reflect the heart of God?
• Why do we try to prove ourselves to others? Does it change how you think about yourself when you understand God’s approval is the only one you need?

“I’m not defined by my weaknesses, I am empowered by God’s strength.”

• Share a time when you were labelled by your weakness. (e.g., “She’s so over-emotional,” “He’s angry all the time,” or “He’s got a drinking problem.”) Who gave you that label? How did it feel?
• Who does God say you are? What strength has He given you?

“I’m not disqualified by my mistakes, I am called according to God’s purpose.”

• How can your mistakes lead you into God’s purpose? Has that ever happened to you?
CLOSING ACTIVITY

Who do you want to become? What do you want to be known for? Ask your group to complete the following sentence in a way that is meaningful to them:

“Above all else, I am ___________."

This sentence should reflect the identity they would like to embrace in this season of growth.

CLOSING PRAYER

“Dear God, thank You for loving us in both our strengths and our weaknesses. When we feel like we’re not enough, help us remember we have everything we need in Christ. When we feel like we’ve messed up everything, help us remember nothing is wasted. Help us become the people You’ve called us to be. Amen.”
CONVERSATION STARTERS

• Have you ever struggled to focus (in school, at work, etc.)?
• What’s the biggest mistake you’ve ever made because you weren’t paying attention? What happened?

SESSION FOUR VIDEO

DISCUSSION

Ask eGroup members to share a phrase or moment from the video they related to the most.

“You can’t control your circumstances, but you can fix your focus.”

• What kinds of situations steal your focus?
• When you’re stressed, worried, or frustrated, what do you do to stay focused? Does it work?
• Are there situations in your life that you’re currently focusing on, and you need to fix your focus? Share them with the group.

“The strength you desire starts with what you’re focusing on today.”

• What are some of your most common negative thoughts?
• What truth from God’s Word can you focus on when those thoughts pop into your head?
• How would it change you to start your day focusing on the right things?

“Daniel’s courage was a product of his commitment to consistency.”

• Consistency builds habits. Habits build focus. What habits do you need to start building to improve your focus and your faith?
• What habit do you need to leave behind in order to focus on God and grow in your faith?

“Every time we fix our focus on Jesus, He has proved Himself faithful.”

• How has God been faithful to you?
• What are you asking God to bring you through right now?
• Has God already brought you through a similar situation? Encourage each other with examples of how you’ve seen God’s faithfulness.
• Make a list of 10 or more ways that God has been good to you this past week. Why is it important to remember how God has been good to you?
CLOSING ACTIVITY
Pass out note cards and ask your eGroup to write down one verse or one promise from God's Word that is especially meaningful. Challenge them to put their notecard somewhere they will see it several times a day (e.g., bathroom mirror, locker, car, desk, etc.) Every time they see the card is an opportunity to shift their focus.

Encouraging verses for members to use:

Psalm 19:14 - “May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.”

Psalm 46:10 - “He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

Psalm 112:7 - “They will have no fear of bad news; their hearts are steadfast, trusting in the Lord.”

Romans 8:5 - “Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”

Romans 12:12 - “Be joyful in hope, patient in affliction, faithful in prayer.”

Philippians 4:8 - “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Philippians 4:13 - “I can do all this through him who gives me strength.”

Colossians 3:2 - “Set your minds on things above, not on earthly things.”

Hebrews 12:1-2 - “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”

CLOSING PRAYER
“Dear God, help me set my focus on Your presence this week. When I feel anxious, overwhelmed, or angry, give me the perspective I need to choose Your truth over my negative thoughts. In Jesus’ name, amen.”
CONVERSATION STARTERS

• Who’s someone who has greatly impacted the person you are today?
• Who was your best friend when you were 10? What were they like?
• Are you good at making friends? What’s the hardest part?

SESSION FIVE VIDEO

DISCUSSION

Ask eGroup members to share a phrase or moment from the video they related to the most.

“The right people make all the difference.”
• Who influenced you when you were young?
• Who has had the greatest positive influence in your life?

“Surround yourself with people who will support you.”
• Who supports your faith today?
• What does that support look like?

“Position yourself to support others.”
• Who have you encouraged recently? How did they respond?
• Think about the people in your life. Which relationships would you consider most important?
• What are some practical ways you can support the most important people in your life?

“The best way to grow your faith is to use it.”
• In your own words, what does it mean to have an active faith?
• Giving encouragement is one way to grow in our faith. What are some other ways to keep your faith active?
• Good exercise pushes you out of your comfort zone. What is one way you can exercise your faith this week?
CLOSING ACTIVITY
Challenge everyone to write down the name of (at least) one person who they need to change a relationship with to continue moving forward in their faith — including at least one specific way they plan to make that change.

CLOSING PRAYER
“Dear God, thank You for each person in our lives You have used to encourage, support, or guide us. Help us become that kind of friend. Put us in situations this week where we can exercise our faith by giving support or encouragement, and give us the courage to surround ourselves with the right people. In Jesus’ name, amen.”
CONVERSATION STARTERS

• Have you ever struggled to understand the lyrics to a song, or misheard them? What did you think the words were? How did you find out you were wrong?

• What’s your favorite type of puzzle to solve: crossword, Sudoku, Rubik’s Cube, or a riddle?

SESSION SIX VIDEO

DISCUSSION

Ask eGroup members to share a phrase or moment from the video they related to the most.

“I was pursuing knowledge, while Jesus wanted me to pursue Him.”

• How do you read the Bible? Share a few ways that have helped you study God’s Word to grow deeper in your relationship with Him.

• What other ways do you pursue Him?

“Faith is not about getting information — it’s about finding Christ.”

• What is something you struggle to understand about God?

• Why do you think God doesn’t always give us the answers we’re looking for?

“Your doubts or questions don’t hurt your faith — it’s where you go for answers [that hurts your faith].”

• When you’re making a big decision in your life, which approach best describes you:
  ❖ “I ask people I trust for their advice, and I usually do what they suggest.”
  ❖ “I spend a lot of time alone, weighing the pros and cons, and then I make my own decision.”
  ❖ “I tend to react quickly and then ask others if they think I made the right decision.”

• How can you seek God when you have a question or a decision to make?

“God doesn’t promise to give us answers — He promises to be with us.”

• What’s the difference between knowing and learning scripture and pursuing God?

• What questions about God, Jesus, or faith do you have right now?

• How can you pursue God in the midst of your questions?
CLOSING ACTIVITY

Have everyone write down the answer to this question: What is a question you have about God, your faith, or a situation you are facing? After sharing their answers with one another, have them switch cards with one member in the group. This week, challenge them to encourage each other to pursue God even when they don’t understand.

CLOSING PRAYER

“Dear God, grow our faith as we seek You in circumstances we don’t understand. When we can’t feel Your presence and can’t see how You are working, help us remember that You have promised to walk with us through every struggle. Thank You for being faithful, even when we are filled with doubt. Amen.”
CONVERSATION STARTERS

• What is the funniest or most embarrassing thing you’ve ever had to apologize for?
• Have you or a family member ever held a ridiculous grudge?
• Are you more likely to offend someone or be offended?

SESSION SEVEN VIDEO

DISCUSSION

Ask eGroup members to share a phrase or moment from the video they related to the most.

“Drawing my sword leads to death, not life.”

• When someone hurts you, what is your default response? Do you retaliate? Internalize? Shut down?
• How does your response change when it’s someone close to you?
• What offenses are the hardest for you to forgive?

“You can’t grab hold of freedom until you release whatever is holding you back.”

• Open up with the group and share with each other what is holding you back or an offense you need to forgive.
• Do you hold things against yourself that Jesus has already died to forgive?
• What do you hold against yourself? What kind of shame does the enemy try to put on you?

“Forgiveness starts with me.”

• Why is it so important for you to initiate forgiveness?
• What should you do if you don’t feel like forgiving someone?
• What gifts may God have in store for you when you choose to forgive (especially when it’s hard)?

“I can’t control their response, but I can choose to forgive.”

• Share a time when you chose to forgive someone who hurt you.
• Is there anyone in your life that God is prompting you to forgive? How can you start that process?
CLOSING ACTIVITY

Ask your eGroup to write the name of one person they need to forgive or ask for forgiveness. Ask the following questions to prompt them:

- “Who do you feel bitterness toward?”
- “Who do you avoid?”
- “What relationship have you given up on?”
- “What are you holding on to that you need to let go of?”

Forgiveness doesn’t look the same in every scenario, but faith does. Ask your eGroup to consider this question: What’s one step of faith you can take toward asking or granting forgiveness to the person whose name you wrote?

CLOSING PRAYER

“Dear God, give us the courage and obedience to seek or grant forgiveness this week. Help us listen to Your Spirit and choose to forgive as we have been forgiven. Lead us towards humility and kindness. Make us more like You. In Jesus’ name, amen.”
CONVERSATION STARTERS

• What’s a habit or a phase of your childhood that you grew out of?
• What does growth look like? What does it feel like?
• How are you different today than you were when we started this eGroup?

SESSION EIGHT VIDEO

DISCUSSION

Ask eGroup members to share a phrase or moment from the video they related to the most.

“He only holds you responsible to be faithful with what you have.”

• Who are you tempted to compare yourself to?
• What happens when you compare yourself to others?

“Could it be that God considers us unfaithful when we sit on something that He intended for us to use?”

• Ask the group to go around and share one strength they see in someone else in the group (be sure to affirm each person in the group).
• Are any of you surprised by the strengths other people see in you?
• How can you use your strengths to serve God?

“Sometimes, playing it safe can be risky.”

• When it comes to sharing your faith or serving others, what is your “comfort zone”?
• What is one risk you can take in order to grow? What uncomfortable thing is God calling you to try?

“What God is really looking for is a response of faith.”

• The Next Level study is not an arrival; it’s a journey. In your own words, compare where you are now in your faith versus where you were at the start of this study.
• What is one thing in your life that you want to pass on to others?
• How can you share what God has entrusted to you with others?
CLOSING ACTIVITY

Taking your faith to the next level is a journey where you make the most of what God has given you. The best is yet to come in your life, but God has already brought you so far!

Pass out paper and ask each person in your eGroup to draw a timeline of their relationship with God. When did they first realize God was calling them? What has God done in their lives so far?

After giving everyone an opportunity to share their timeline, ask them to share a word they are praying for their future.

Celebrate all God has done and all He has promised to do.

CLOSING PRAYER

“Dear God, thank You for this journey. Thank You for Your presence in this group. Thank You for loving us and having a great plan and purpose for our lives. Help us to serve You with our strengths, and let us experience Your power through our weaknesses. Help us continue to grow as we follow You. In Jesus’ name, amen.”