

LIFE GROUP DISCUSSION GUIDE

MAY 10 - MAY 16, 2026

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WELCOME - (5-10 MINUTES)

Welcome Everyone. Introduce yourself and any new individuals.

Have a member read ALL of the group goals and ONE guideline.



BREAK THE ICE:

What is something that you're looking forward to this Summer?

2

WORSHIP ACTIVITY - (10-15 MINUTES)

Ask the Life Group to stand up & sing together.

Yes I Will

Vertical Worship

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WORD - (15-20 MINUTES)READ Ephesians 5:15-21

1. What are we supposed to make the most of?
2. What are the instructions in these verses?
3. Why are we instructed to submit to one another?
4. What does it mean to live like a fool?
5. How can drinking too much lead you to choices that will negatively impact your life?
6. Why is it better to live surrendered to the Holy Spirit?
7. What are some ways that you've made better decisions since coming to know Christ?
8. When was a time in your life that it was difficult to give thanks to God? How does giving thanks to God for everything help change our perspective?
9. From verses 18-21, in what ways can you exhibit the Spirit-filled life?



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WITNESS - (10-15 MINUTES)

BREAKOUT TIME: Break into smaller, like-gendered groups of 3-4. Address the following question(s):

- What is a significant truth that you have been reminded of in this discussion?
- If you were to make one phrase or verse from this passage your slogan for the coming week, what would it be? (“Have an attitude of gratitude”, “Don’t be a fool, follow the rule”)
- Stop and pray for each other to change for the better.

CLOSING ANNOUNCEMENTS & REMINDERS

- **Who's missing? Who hasn't been to Life Group in a while? This week, let's each take the name of someone we haven't seen in a while and reach out to them with a text, phone call, or note.**
- How does your group plan to stay in touch during Life Group Semester Break (June 21st – July 18th)? Now is a great time to plan an outreach, fellowship, or fun activity! Does anyone want to host the group in their home or plan a volunteer opportunity? This will allow your group to grow together and enter the next Life Group Semester refreshed.

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