



## Intro: “Getting Healthy”

Welcome to The EN/CORE Journey! Over the next 9 months, we will explore Scripture, Beliefs, and Practices that form the core of the Christian faith and our relationships in Christ at Eagle Naz! It's all about Loving God and Loving Each Other...

### 5 Reasons Why LIFE Groups are Important:

In the video clip, Pastor Scott shared 5 reasons why groups are important for our growth as disciples.

- Which of those 5 reasons stood out to you as important, or something new to consider?
- What's the most important reason for you to join a LIFE Group in the season of life that you are in? Share this with your group.

**Note the reasons that each person shares, and commit to praying for each other in this new season, asking God to answer those needs.**

### 3 Elements of Being Healthy:

- Pastor Scott shared about these elements of health:
  - **1. A deep sense of your own \_\_\_\_\_ and \_\_\_\_\_.**
  - **2. Authentically living your unique \_\_\_\_\_.**
  - **3. The ability to \_\_\_\_\_ and \_\_\_\_\_.**
- What are your thoughts about this list? Discuss how these impact a person's life and relationships.
- What forces do you see working against people you know (including yourself!) to create unhealthy life patterns?

### Spiritual Health Check-up:

- Your group leader has a copy of a Spiritual Health Check-up for each member to work on. You can complete it in your group, or continue to work on it through the week, but this sets your intentions for how you hope to grow through this group process in the months ahead.

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## Shared Roles...

As we begin a new group cycle, it's a great time to discuss to think about some of the logistics of your group. In the video, Pastor Scott mentioned the idea of shared leadership around the 3 Core foundations of groups. Discuss how your group might share these roles:

- **Discipleship** - prepares the video and handouts, facilitates the discussion
- **Community** - helps with hospitality needs like snacks, keeps track of the group prayer list
- **Outreach** - develops opportunities for group service and outreach

## Close with Prayer for One Another...

- Read **Hebrews 10:23-25**, then pray for a spirit of faithfulness and encouragement among your group members.
- Read **Colossians 4:2-4**, then pray for God to “open doors” for sharing the Gospel