

ICE BREAKER

You've been exiled to a deserted island for a year. In addition to the essentials, you may take:



» One Piece of Music: _____



» One Book (not the Bible): _____



» One Luxury Item You Can Carry With You: _____

What would you take and why?

Once you've written your choices above, share with your table group.

DISCUSSION NOTES

As we get started tonight talking about those moments in a LifeGroup when things "get out of hand" or are bigger than you're prepared to handle in this setting, think about some of these questions:

- ▶ What is your initial reaction, as a leader, when someone drops the "relational" or "sin" bomb on you and the group? Do you want to: hide, hope it just goes away, confront it head on, all of the above??
- ▶ Do you feel confident as a leader to ask the right questions in a crisis situation? Why or why not?
- ▶ Where do you think the boundaries lie for handling difficult issues (emotional trauma, physical and mental abuse, addictions, serious marital issues, etc.) for a LifeGroup? When is the right time to refer someone (or a couple) to a professional?
- ▶ Do you think it's possible for a LifeGroup to "do more damage than good" (even if we have the best of intentions)? What role can/should a LifeGroup play?

Top 10 Reason We Stay Stuck in Poor Relationships:

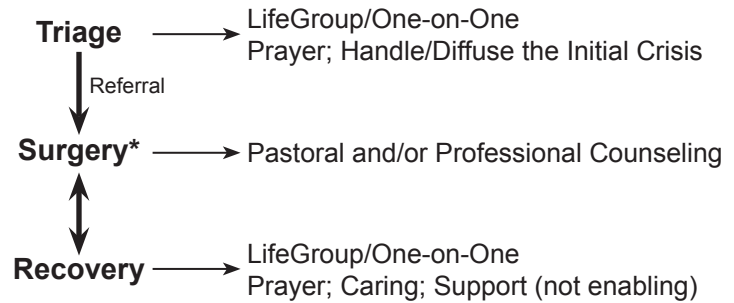
1. Family Upbringing
 2. Personality Disorders
 3. Mood Disorders/Depression
 4. Not Understanding Your Inborn Temperament
 5. Codependency
 6. Shame-Based Lifestyle
 7. Unresolved Anger and Bitterness
 8. False Forgiveness (Luke 17:3; Col. 3:13)
 9. Financial Need
 10. Substance Abuse/Addictions
- ▶ Check Your Own Heart and get help if you're stuck — there's no shame in needing and getting help. We all need it at some point in our lives (and often more than once).



DISCUSSION NOTES

► The Role of the LifeGroup and LifeGroup Leader:

**Just as you wouldn't perform open-heart surgery (though you might perform triage, take a person to the ER, and be there after surgery), it isn't your role or the LifeGroup's role to heal a person's deep, emotional issues. Let the pros handle that while you take care of their spiritual needs and provide support during recovery.*



► When do you Refer?

1. Anytime you feel out of your league or comfort zone. Err on the side of making the referral versus trying to figure it out yourself (this is safer for you and the person in need).
2. When you see clear signs of any of Tom's *Top 10 Reasons We Stay Stuck*. Again, it's better to make the referral and find it wasn't necessary than not make it and find out later you should have.
3. If someone continues to struggle with an issue (i.e. addiction) with no results in spite of their honest efforts. This is an indication that the issue is deeper than even they may realize.

► When does helping end and enabling begin?

1. If the person doesn't or won't own their own "stuff". If they refuse to take responsibility or make changes then you *may* be enabling them if you allow it to continue or support them further.
2. If the person will not be held accountable for their actions and/or take responsibility for the outcomes of their behavior. If you "let them off the hook" more than once you *may* be enabling them.
3. We'll be talking about this in more detail in a future re:Group or Tune Up meeting.



UPCOMING EVENTS

- **Jump Start Training:** Saturday, **June 19th** at the church from 1:00-4:00 PM. Please RSVP.
- **Next re:Group Training:** Tuesday, **July 13th** and we'll be talking about *Handling Holy Moments*
- **Tune-Up Training:** This advanced training for LifeGroup leaders begins this summer with a round table format over some food, drinks, and great friends! More details to come...



RESOURCE LIST

Don't forget that we've got some great LifeGroup resources for you to take advantage of. Check out the church website under "Resources: LifeGroup Curriculum" for more details, but here are a couple to consider:

- **DVD Resources:** We just purchased three new courses that you can check out! Just ask me and you can borrow the DVDs to use or preview. The website has a full listing of all the DVD sets we own.
- **Sermon-Based Curriculum:** These are available for download on the website every week (usually by Thursday afternoon). There is a version for your group members to download as well as a Leader guide that includes additional insight to help you prepare and lead your group discussion.
- Please let me know if there is anything else you'd like to see us provide or look into for you or your LifeGroup. I try to keep updated on available resources, but if you come across something you like please let me know!