



Connect Group Discussion Guide

The idea of this series, "Junk in the Trunk", is about finding freedom from the things that weigh us down.

1. Like on many journeys when things don't go as planned or don't go well, we complain. What are some things people may complain about on a long journey?
2. When the Israelites should be rejoicing (from being freed from captivity) they are complaining. They had just witnessed the providence of God delivering them from Egypt by splitting the Red Sea and yet they convinced themselves He would not respond to their needs now. Why do you think people focus on the negative even when they see positive things taking place in their lives? What kinds of things can be said to them to help get unstuck from focusing on the negative?
3. There are three negative impacts of complaining:
 - It blinds us from the good that is happening (because it makes the bad things look bigger than the positive) - the Israelites can't celebrate their freedom
 - It anchors us to the past (because it skews our memory, making us think that even the bad things before were better than what is happening right now) - the Israelites thought captivity was better than the unknown of being free
 - It is corrosive and infections (because when one person begins to complain, others begin to echo that)Do you find truth to any of these items above? If so, how do you respond to a person who is complaining?
4. We are called to live differently. What does living differently mean to you? Read the Philippians verses.
5. We learned that complaining can be contagious. Enthusiasm can be contagious too. Read the Hebrews verses. When you see people who are enthusiastic, how do others respond to them? How does and enthusiastic person make you feel?

Series: Junk in the Trunk
"Contagious Enthusiasm"
Week of July 4, 2021

Main Idea

Like on many journeys, when things don't go as planned or don't go well, we complain. Those complaints can be contagious. We want to shift that to enthusiasm.

Key Scripture Reference(s)

***Various verses from
Exodus 15-17
Philippians 2:14-16
Hebrews 10:23-25***

Your Faith in Action

What steps will you take this week to **show** others what you believe (in words, and in deeds)?

Mon: _____

Tue: _____

Wed: _____

Thu: _____

Fri: _____

Sat: _____

Sun: _____

This is a constant element, so you can practically live out your faith everyday.