

# STARTING WELL: CORNERSTONE STARTER GROUP STUDY

## // WALKING TOGETHER THROUGH LIFE'S UPS AND DOWNS //

### ICEBREAKER (10 min)

What is your favourite way to “waste” time?

### OPEN IN PRAYER

### WATCH THE VIDEO (04:05)

#### DISCUSS

1. Share about:
  - a) a time someone “picked you up” when you fell down. What impact did that have on you? OR
  - b) a time you “picked someone up” when they fell down. How did it feel to help them?
2. In Romans 12:15, Paul tells us to *rejoice with those who rejoice and mourn with those who mourn*. What does it mean for you to know that someone will be there with you in your highs and your lows?
3. Which of the 3Ps (Presence, Practical Support, Prayer) do you gravitate towards?  
Which do you want to grow in?
4. Brainstorm some ways your group can practice the 3Ps for each other.
5. One powerful way of walking together as a group is sharing your stories (which you’ll do in the next two sessions). Sharing your stories helps you to be real and connect with each other in a more personal way.
  - a) How do you feel about sharing your story?

b) How do you think sharing your stories will impact the group?

### **PRAYER**

Share any prayer requests and spend time praying for each other.

### **HOUSEKEEPING**

In Sessions 4 and 5, you'll share your stories with each other.

**Make a schedule** so everyone knows when they will share. (The leader can go first!)

Choose one of the following to share (each person should plan to share for about 5-8 minutes):

- Share 3-5 defining moments in your life and how they've impacted you.
- Share your Highs, Lows and Heroes.
- "Show and Tell": Bring objects, photographs, other items that represent you and significant moments in your life.

Is there someone who can volunteer to send out a message to the group this week to help the group stay connected?