

Connect Group

CONNECT GROUP QUESTIONS | 10.12.25

Did you or do you play any instruments? Have you ever been in a choir or a part of a singing group?

In this series we have been talking about being **THAT FRIEND** who is a 2am friend. How has this series or this Sunday's message encouraged you about being a 2am friend?

In the illustration this weekend Pastor Marty shared that to get a string in tune you need to adjust the tension. What is the tension of giving someone permission to speak in your life? What is the benefit of allowing someone to speak in and what is the potential setback or fear of having someone do it?

The Heart String signifies what is happening inside you. Are you someone who has trouble knowing what is going on inside of you or do you find that easy?

Read Psalm 139:23-24

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends You, and lead me along the path of everlasting life." What does it look like to allow God to search us, know us, test us, point things out, and lead us?

Do you journal? If you don't journal or it hasn't gone easily, what are some reasons why? How could journaling help us with our inside tuning?

The Mouth String & The Relational String are kind of connected. How so? What are opportunities to adjust this string to sound better?

Read Ephesians 5:15-16 "Be careful how you live – not as fools but as those who are wise. Make the most of every opportunity in these evil days."

How does this verse speak to **The Health String & The Rhythm String**?

Do you Sabbath?

What might someone say to you about how you spend your time?

The Worship String is who you are tuned to. How do you best connect with God?