

# Running in **CIRCLES** LIFE GROUP CURRICULUM

## Week 5

This Facilitator Guide will help you lead conversation with your LIFE Group.  
[Brackets] indicate simple cues for you, as a Facilitator, not intended to be read aloud.

### Conversation Starter

What was the weirdest injury you ever had?

[Play the Recap Video, then move into Discussion Questions.]

### Discussion Questions

**Question 1:** What was something you avoided, that you finally accomplished, and then wondered why you had not done it sooner?

**Question 2:** List some ways we avoid dealing with painful situations.  
[make ourselves too busy, denying something is wrong, talk ourselves out of it, self-medicate]

**Question 3:** What areas in your life are you harming because you don't want to deal with your hurting? What are the benefits of going through that short-term pain to get out of your circle?

**Read:** Hebrews 10: 32-36

**Question 4:** What conversation, interaction or decision do you need to have or make this week to start moving towards long-term progress?

**Pray:** God, I am capable of enduring difficult moments, help me endure my pain so I can move forward.

