

Discussion Questions for 3D Group Leaders

Here are some questions that can be used as starting points for discussion in your group each week.

First Meeting:

Why are we all here? What part of the program interests you the most, and what do you hope to achieve by the end of the twelve weeks?

Second Meeting:

Are you ready to sign your commitment card, and to give yourself permission to care for yourself over these next twelve weeks? Any questions or reservations?

Third Meeting:

How do you feel about God? How much is faith a part of your everyday life?

Fourth Meeting:

Does everyone feel safe in this small group atmosphere? Do you feel comfortable talking about your feelings and experiences openly?

Fifth Meeting:

What's the greatest change you've made so far in the 3D program? Has anything surprised you?

Sixth Meeting:

Is anyone feeling discouraged? What can we do together to get the joy back?

Seventh Meeting:

Let's share ideas about living well. What does "living well" mean to you?

Eighth Meeting:

How are you feeling about exercise and about wearing a pedometer? Have your feelings changed in the last 8 weeks?

Ninth Meeting:

Are you feeling supported at home in your 3D journey? If not, could you share your feelings and think of positive ways to involve your family?

Tenth Meeting:

Are you starting to see a pattern of feelings or circumstances that trigger your eating habits?

Eleventh Meeting:

Did everyone think of three positive things about themselves this week? What feelings did this bring up?

Twelfth Meeting:

Where do we go from here? Should we continue meeting and use the next devotional, *Open Your Heart*? Should any of us start a new group?

Thirteenth Meeting:

Does everyone want to plan a celebration dinner? 3D groups traditionally do this at the end of the twelve weeks, and invite their minister, and spouses. It can be a great time of sharing and celebrating what these twelve weeks have meant to us!