

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!