

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's outline.

Weekly Discussion Theme: Staying Grounded

- **Leader shares:** Staying grounded means learning to stay connected to what is true and present when something stressful, frightening, hurtful, or unexpected happens. In difficult situations, our minds can quickly move beyond what is actually happening and begin replaying the past, imagining worst-case scenarios, worrying about what others might think or do, or trying to solve things that have not happened yet. Being grounded does not mean ignoring a problem, minimizing our feelings, or pretending everything is okay. It means recognizing the difference between what is happening, what we fear might happen, and what is actually within our control. We can acknowledge that something is painful or uncertain without allowing fear to carry us through every possible outcome. Staying grounded helps us respond to what is in front of us, take the next step that is ours to take, and trust God with what we cannot know, change, or control.
- **Group shares:** Think of a stressful situation when your mind went beyond what was actually happening in the moment. Where did your thoughts take you, and how did that affect your peace?
- **Acknowledge:** THANK YOU for sharing!

Verse: Philippians 4:6–7 (NIV) – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

- **Leader shares:** Paul reminds us that God's peace is not dependent on everything around us being peaceful. We often think we will feel better once the situation is resolved, we have all the answers, or we know everything is going to be okay. But this verse describes a different kind of peace, one that can meet us while circumstances are still uncertain. Prayer gives us somewhere to bring what is weighing on us rather than feeling as though we have to carry it, understand it, or resolve it on our own. We may not know what comes next, but we can bring what we are facing to God and allow His peace to guard our hearts and minds while we wait.
- **Group shares:** When you are overwhelmed by a situation, which is hardest for you: accepting uncertainty, stopping yourself from imagining worst-case scenarios, letting go of something you cannot control, or trusting that you do not have to solve everything immediately?
- **Acknowledge:** THANK YOU for sharing!

A Simple Grounding Practice: What Is True Right Now?

When emotions are high, it can help to separate what is happening from everything our minds are adding to it:

What happened?

What are the facts of the situation? What do I actually know to be true?

What am I feeling?

Am I scared, angry, embarrassed, helpless, rejected, hurt, disappointed, confused, or something else?

What am I afraid might happen?

What future outcome am I imagining? Is my mind treating something that *could* happen as though it *is* happening?

What is within my control?

Is there a conversation I need to have, a boundary I need to set, information I need to gather, a decision I need to make, or an action I need to take?

What do I need to trust God with?

What am I carrying that I cannot control, predict, change, or resolve?

Sometimes grounding is simply recognizing: **This is what happened. This is what I am afraid of. They are not necessarily the same thing.**

10 Ways to Practice Staying Grounded

1. Pause before responding.
2. Separate facts from fears.
3. Name what you are feeling.
4. Come back to the present moment.
5. Remember that possible does not mean probable.
6. Focus on what is within your control.
7. Give yourself permission not to solve everything immediately.
8. Talk to someone who helps you return to truth.
9. Bring your fears to God.
10. Ask yourself, "What is the next right thing?"

Prompt Question: Which of these ways to practice staying grounded speaks to you the most, and is there another one you would add?

Acknowledge: THANK YOU for sharing!

- **Leader shares:** Staying grounded does not mean we will always feel calm or that difficult situations will stop affecting us. Sometimes we will still feel afraid, angry, hurt, or uncertain. The goal is not to never be shaken; it is to learn how to find our footing again when we are. We may not be able to change what happened, control how someone else responds, or know what tomorrow will bring, but we can choose where we plant our feet today. Maybe being grounded is less about having everything around us feel steady and more about knowing where to return when it doesn't. We return to what is true, to who we are, and ultimately to God. The storm may still be happening around us, but it does not have to become the ground beneath us.
- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we conclude our group meeting, I encourage everyone to share any additional thoughts on your mind, or to request prayer.
- **Stay connected:** imperfectpaths.com