

“Gut Check” Questions for Your Small Group:



1. How safe does our group feel for you right now?
2. How comfortable are you sharing something painful with the group?
3. How are we doing loving and supporting each other?
4. How are we doing in speaking truth to each other?
5. How comfortable do you feel sharing a sin or failure with the group?
6. Has anything happened that could cause you to worry that something you say will be judged by the group?
7. How well are we guarding confidentiality?
8. Do you feel free to express a different opinion in the group? Why or why not?
9. Do you feel that the group accepts you where you are? Why or why not?
10. Do you think we are being honest with one another about what is going on beneath the surface of our lives?
11. Are you able to be honest with the group about what is going on beneath the surface of your life?
12. How would you complete this sentence? “ I hold back in the group when ...”
13. Do you feel comfortable expressing emotions in the group? Why or why not?
14. How are we doing asking questions of one another rather than jumping in to “fix” or give advice?
15. Are there any unresolved issues between group members that we need to discuss?
16. Are we connecting with group members outside of group time?
17. Can you trust the group to respond tenderly when you are hurting or struggling? Why or why not?
18. Are we able to express differences in opinions and convictions with respect and honor for one another?
19. Are we having fun and remembering to take time to laugh together?
20. How would you finish this statement? “One thing that would improve relationships in the group would be....”