



ICE BREAKERS

If your group is meeting for the first time, you may want to use some ice breakers to help people ease into the conversation.

On the night of the meeting, your job is to create an environment in which people can begin to connect. If your group members have already met and are comfortable with one another, you may not have to do much more, than provide coffee and snacks. If your group is meeting for the first time, you may want to use some icebreakers to help people ease into the conversation.

Using icebreakers is an essential Life Group skill. Begin with light and informational questions and then move to deeper and more personal levels as the group progresses together. At your first group meeting, you probably want to stick mostly with Level 1 questions, maybe adding in a few Level 2 questions near the end of the evening.

Level 1: Information (What you know)

- What is your favorite movie or Netflix show? Why?
- What is your favorite city? Why?
- What day of your life would you most like to relive? Why?
- If you could eat at any restaurant right now, where would you choose?
- What's your favorite childhood memory?
- Where did you live when you were growing up?
- What does your name mean? Why were you named that?
- If your house were on fire, what three items (not people) would you try to save?
- What was the best gift you ever received as a child?
- If you suddenly lost your eyesight, what would be the thing that you would miss seeing the most?
- What was your first job? What do you remember most about it?
- Tell the group a brief story from your wedding day.
- If you could go to college (again), what would you study?
- You have been given a one-year sabbatical from work. What will you do?
- What has been one of the greatest adventures you have ever been on?

Level 2: Opinion (What you think)

- Who is one of your heroes? Why?
- Who is your number one advisor in life? Why?
- What's one thing about you that's unique?
- My favorite way to spend time is _____.
- Just for the fun/thrill of it, before I die, I'd like to _____.
- I was (or would have been) voted "most likely to _____" in high school.
- I wish before I got married someone had told me _____.
- If you could leave the world one piece of advice before you died, what would you say?
- Who was one of the most interesting people you or your family ever entertained?
- Who was the best boss you ever had? What made him or her so good?
- People might be surprised to find out that I _____.
- Describe a grade school teacher that made a big impression on you (for good or bad).
- Each person in the group answer for the person on your right: "_____, I am so glad God made you because _____."

Level 3: Feelings (Who you are)

- What is your greatest fear?
- What do you miss most about childhood?
- I am most like my mom/dad when I _____.
- One of my biggest pet peeves is _____.
- When you were a child, what did you want to be when you grew up?
- For what do you want to be remembered?
- What is your greatest joy in your faith?
- An emotion I often feel but don't usually express is _____.
- Where do you go or what do you do when life gets too heavy for you? Why?
- In what area of your life would you like to have greater peace? Why?
- How do you feel about your future? Why do you feel that way?
- In general, I worry too much about _____.