

# A NOTE FROM THE LIFE GROUPS TEAM

FOR LIFE GROUP LEADERS

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Compiled here are some of the Life Groups Team's favorite go-to icebreaker questions, games, and mixers. Do not reinvent the wheel—use these resources that are available to you! The Resource Section of the Life Groups Book, *Better Together*, also includes icebreakers, mixers, and games as does the Leader Training Content Guide.

# INDIVIDUAL QUESTION MIXER

## WHOLE GROUP MIXER

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Give each person a pen and a piece of paper, or have them use their phones for notes. Have each person talk to 3 different people and ask them a few questions. These questions can be silly or more in depth. Have everyone write down the name of the people they talked to and their responses. This should take anywhere between 15-20 minutes. When everyone comes back together, have the leader go to each person in the group and ask what was learned about that person; everyone who talked with that person shares what they learned.

# SPLIT THE ROOM MIXER

## WHOLE GROUP MIXER

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Divide the room into two: one half is NO WAY and the other half is NO PROBLEM. Read some of the statements below, or come up with your own then have people move to the side that best describes them. Ask a few people individually why they chose that side. Here are some statements to start with:

- I would like to travel internationally.
- I'm happy with the vehicle I drive.
- I enjoy eating strange, exotic foods.
- I am comfortable in any situation.
- I have been to Europe.
- I have had more than 1 car accident.
- I would never break the law.
- I would hold a snake.
- I love spicy foods.
- I am a "Lord of the Rings" fan.
- I have been arrested before.
- I have peed in a pool before.
- I have clogged the toilet at someone else's home.
- I have to go to a party where I don't know anyone.
- I want to go skydiving.
- I have passed gas in public and not said anything or blamed it on someone else.
- I had/have the best parents in the world.
- I have broken a bone before.
- I would do a zip-line.
- I have said a bad word in the last week.
- I must deal with a conflict at work.
- You are asked to live alone.

# THE QUESTION GAME

## WHOLE GROUP GAME

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Everyone starts with a piece of paper. On that paper, everyone writes down one question. Pass all the papers around the circle until everyone has answered all the questions. From there, read questions and answers aloud and guess what answer belongs to who. Here is a list of some questions to get you started, or you can make up your own:

- What is your most embarrassing moment?
- If you could have any super hero power, which one would you pick?
- What is your favorite movie?
- What is something that you resent paying for?
- What was your favorite vacation?
- What was your worst injury?
- What is the best practical joke you've ever seen or been a part of?
- What movie can you watch over and over without getting tired of?
- Who would be your celebrity crush?
- What is your best cure for hiccups?
- What was the worst date you've ever been on?
- What was cool when you were growing up, but is not now?
- What is one thing that you would like to change about yourself?
- Who is your biggest hero? Why?
- What is the greatest way you've seen God move in your life?
- What is your biggest worry for kids growing up in today's age?
- Would you consider adopting or fostering a child? Why or why not?
- How often do you read your Bible?
- What is your proudest accomplishment?
- What is your biggest regret in life?
- Have you been in a Life Group before? If so, what was it like?
- If you could talk to one person in the Bible, who would it be and what would you talk about?
- What are your hopes for this group?
- How can this group help you?
- If you had to describe yourself in one word, what would you say?

# THE NEWLYWED GAME

## WHOLE GROUP GAME

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Use the questions below, or create your own, and have each couple record their responses separately. Split the wives and husbands into different spaces while they respond to the questions. Then, take turns having each couple be in the hot seat. Ask each question to the couples and compare their recorded responses. If the answer's match, they get a point!

- Where was your first date?
- Who is more likely to deal with a spider?
- If you could toss one article of his clothing, what would it be? Hers?
- What is her guilty pleasure in spending?  
His?
- What was the first movie you saw together?
- What is your most frequent disagreement?
- When and where was your first kiss?
- What is her dream date?
- Who hogs the bed? The covers?

# THREE ON A COUCH GAME

## WHOLE GROUP GAME

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Designate one person to be the leader; this person will host the game. Follow the steps below to host the game:

1. Pass out a small piece of paper, or note card, and a pen to everyone.
2. Have everyone write down their first and last name and their most embarrassing moment on the paper. Give the paper to the host.
3. The host will quietly and independently read through the papers and choose the best embarrassing moment.
4. The host will then choose 3 people to sit on the couch; one of those people must be the real story teller whose name is on the card; the two others are chosen at random.
5. The host reads the embarrassing moment aloud to the room.
6. All 3 people on the couch must act like the embarrassing moment is their story to tell. They must give information and details to support the embarrassing moment to make it believable. Obviously, only one person is telling the truth.
7. The host, and everyone, asks the 3 on the couch specific questions regarding the embarrassing moment and all 3 must answer each question.
8. After enough information is gathered, have everyone vote on who they think the real story teller is.
9. To end the game, the host asks, "Will the real story teller please stand up?"

# ICE BREAKER QUESTIONS

## WHOLE GROUP SPECIFIC QUESTIONS

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Use these topics and questions to start conversation. Every conversation has the potential to be great, to inspire us into action, to build significant relationships, and to connect us to each other.

- In your opinion, what are the 7 wonders of the world?
- If you could appear on any reality TV show, what would you choose?
- What pets have you had in your life?
- If you could be any athlete for a single game, who would you choose?
- What do you love most about your hometown?
- When you're down, what makes you feel better?
- How will life be different in the next 50 years?
- What is the worst job you've ever had?
- What are the most important qualities in friends?
- If you owned a boat, what would you name it and why?
- If you could have a front row seat to any concert, what would it be?
- What fashion trend did you follow that was cool, but is ridiculous now?
- What do you miss about childhood?
- Which is more important: intelligence or common sense? Why?
- What have you lost that you would like to find?
- What makes a house a home?
- Who was your favorite teacher? Why?
- Would you rather visit a big city or the countryside?
- In what era would you have liked to grow up in?
- Who is the most optimistic person you know?
- What book(s) are you currently reading?
- What is your favorite quote? Why?
- In what activity would you like to learn from an expert?
- What is your favorite part of Thanksgiving dinner?
- What would you love to find at a yard sale?
- What is something on your bucket list?
- Which event in the past, present, or future would you like to witness in person?
- What do you complain about more than anything else?
- If you had to change your name, what name would you choose?
- What do you admire most about your parents?
- What remains undone that you have wanted to get done for a while?
- If you could donate one million dollars to a charity, what would you choose? Why?
- Have you ever purchased anything from a TV infomercial? If so, what?
- Who would you like to trade places with for a month?
- Would you rather live by the beach or in the mountains?
- How do you define success?
- If you could master one instrument, what would it be?
- Who taught you how to ride a bike?
- Do you tend to live in the past, present, or future?

- Would you stop eating junk food to live longer?
- If you had to get a tattoo, what would you get and where would you put it?
- What has been the best TV sitcom ever?
- What takes up too much of your time?
- Have you ever performed in a talent show? If so, what was your act?
- What is your favorite smell?
- What is your favorite personality test? Why?
- What would you choose to sing at Karaoke night?
- Do you like or dislike surprises? Explain.
- What is the most unusual thing you have ever eaten?
- If you had a warning label, what would yours say?
- Who knows you the best? Why would you pick that person?
- Do you regift things? If so, what have you regifted?
- Did you ever cheat in school?
- If cars or planes didn't exist, what would be your preferred means of transportation? Why?
- What is your favorite thing about your career?
- What is your favorite sport to watch and play?
- Describe your perfect Saturday.
- What has been the most memorable celebration you've been a part of?
- Would you notify the police if your child committed a crime?
- Would you write a reference letter for someone who you feel is poorly qualified?
- Have you ever pretended you were sick to get out of something?
- If you could have any view from your back porch, what would it be?
- Who do you think is the most inspirational person alive today?



# ICE BREAKER QUESTIONS

## MARRIAGE SPECIFIC QUESTIONS

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1. What is your idea of a romantic night with me?
2. What are you currently afraid of?
3. How can I help you face your fears?
4. Is our marriage on track to still be in love in 10, 15, 20 years? If not, what can we do differently now to set us up to have (and keep) our *happily ever after*?
5. Do you believe our children have and feel security based on our marriage?
6. When you look at me do you see a spouse who deeply loves you? Why or why not?
7. Is there anything you have asked me to do that I have neglected?
8. How were our kids today?
9. Is there anything you would like me to talk to our kids about? (Behavior, obedience, bullies, sex, the boogiemán, finishing their homework or chores etc.)
10. Would you like a massage?
11. Am I a safe person for you to talk to?
12. What are your current goals?
13. How can I encourage you toward your goals?
14. Is there anything I can take off your plate to lighten your load?
15. How often do you think about sex?
16. If you had two hours alone with no interruptions, what would you do with the time?
17. What can I take off your plate so that you can have those two hours to do that?
18. What has been bothering you most about me lately?
19. What has been impressing you most about me lately?
20. How can I be more present in our marriage?
21. Is there anything you are afraid to say to me that we could talk about openly right now?
22. Is there anything you're feeling anxious about?
23. Is there anything holding you back from attempting something that you have been wanting to try?
24. Can I bring you coffee in bed tomorrow so you can sleep in a little?
25. What is something you wish I would ask you more often?
26. If our kids grew up and married someone just like me would that make you happy or sad? Why?
27. What night this week can I make dinner for you and what sounds good?
28. Do you feel that I do well at meeting your needs?
29. Do I hug, kiss, and touch you enough?
30. What is your ideal mom's/dad's night off?
31. Do you feel like you can count on me?
32. Do you believe we are (still) compatible? If not, how can we be better?
33. What can I do this week to make you feel loved and appreciated?
34. When you look at our life together, does it feel fulfilling or lacking? Why?
35. The last time we had sex, did you feel like I was fully present and engaged with you?

36. If I were to die suddenly today, what is one thing you would want me to know?
37. If you were to die suddenly today, what is something you would want me to know and/or something you would want me to tell our kids?
38. In your opinion, are we spending our money on the things we should be?
39. In your opinion, are we investing our time in the things we should be?
40. Do I tell you "*I love you*" enough?
41. If we were to randomly meet another married couple, would they walk away from that first interaction with us knowing 100% for sure that we are in love and secure in our love for each other?

# ICE BREAKER QUESTIONS

## FAMILY SPECIFIC QUESTIONS

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1. If you could make one rule that everyone in the world had to follow, what rule would you make and why?
2. Why do you think mommy & daddy love you?
3. If you could have any animal as a pet, what would you pick?
4. Would you rather wear your shoes on the wrong feet or wear your pants backwards?
5. If you could change one rule that our family has, what would you change?
6. What is something that makes our family special?
7. If you could be invisible for a day, what would you do?
8. Would you rather be the world's best skateboarder or surfer?
9. If you had to give all of your toys away, who would you give them to?
10. What do you think your first job will be?
11. Would you rather go to space or to the bottom of the ocean?
12. What is the best gift you have ever given? Why was it so special?
13. What is the best thing about your best friend?
14. If you were your teacher, what would you do differently in your classroom?
15. Would you rather skydive or scuba dive?
16. If our family was going to start a new weekly or monthly tradition, what do you think we should do?
17. Would you cheat on a test if you knew you wouldn't get caught? Why or why not?
18. If you had \$20, what would you do with it?
19. What do you like better: going to bed or waking up?
20. Would you rather be bald or covered from head to toe in hair?
21. What's your favorite season?
22. What's something you look forward to all day?
23. If you could eat one food every day, what would it be?
24. What's your most embarrassing moment?
25. What do you want to be when you grow up?
26. If you had one wish, what would it be?
27. Who do you want to pray for and why?
28. What was your high of the day and your low of the day?
29. If you could meet anyone, who would it be and why?
30. What is one of your best qualities?
31. If you could choose any way to spend a family night at home, what would you do?
32. If you could go on a date with mom & dad, where would we go & why?
33. What is your earliest memory?
34. If you could receive a gift card to any place, where would you want it to be to?
35. Would you rather live in a country that was too hot all the time or freezing cold all the time?
36. What do you love about our home?

37. What's something you have to do every day, but don't like doing?
38. Do you think you'll get married one day and if so to who?
39. Can you do your best impression of mommy & daddy interacting with one another?
40. Would you rather learn every musical instrument or every language?

# ICE BREAKER QUESTIONS

## SELF CHECK-IN SPECIFIC QUESTIONS

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1. What was the best thing that happened last month?
2. What is one thing you learned last month?
3. What is making you feel stressed lately?
4. Is there anything, or anyone, in your life that makes you feel bad about yourself?
5. What are some things that happened this last month that you're grateful for, and why?
6. What are some areas in your life that are thriving, and why?
7. Did you hang out with anyone who made you feel triggered or insecure, and why?
8. What is one thing you wished you hadn't committed to this last month, and why?
9. What is something you did to improve your emotional health?
10. What have you done to improve your self-confidence this last month?
11. Did you give yourself the time and resources needed to accomplish your goals? Why or why not?
12. Did you overextend yourself with work or in relationships? Why or why not?
13. Did you reach the goals you set for yourself? Why or why not?
14. Did you make time for self-care, rest, and fun? Why or why not?
15. Are you currently taking anything, or anyone, for granted? Why or why not?
16. What is one area that you need to focus on for this upcoming month?
17. What are two tangible career goals that you can set for yourself this coming month?
18. What would make what you're doing today (or right now, even) more enjoyable?