

## **SAMPLE ICEBREAKERS**

Using icebreakers is an essential Life Group skill. They are designed to facilitate discussion about members' personal lives and to help them open up more freely. They should begin with light and informational questions then move to deeper and more personal levels as the group progresses together. If used well, they can move the group to experience greater community!

Use discretion with these questions and statements. Some will evoke deep and serious responses. Others are light and funny. If your group is new, you should probably use questions and icebreakers that focus on information about people's lives (where they grew up, where they went to school, how they came to your church, where they work, what they think about certain events in our culture, et cetera). As intimacy develops in a group, begin to challenge people with more in-depth questions that evoke feelings, thoughts, and insights.

### **LEVEL 1 INFORMATION: What you know.**

- What is your favorite movie and why?
- What is your favorite city? Why?
- What day of your life would you most like to relive? Why?
- 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 you missed seeing the most?
- What was your first job? What do you remember most about it?
- Tell the group briefly a story from your wedding day.
- If you could go to college (again), what would you study?
- You have been given a year sabbatical from work. What would you do?
- What has been one of the greatest adventures you have ever been on?

### **LEVEL 2 OPINIONS: What you think.**

- Who is one of your heroes and why?
- Who is your number one advisor in life and why?
- 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 were going to leave the world one piece of advice before you died, what would you say?
- Who was one of the most interesting persons 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 ill).
- Each person in the group answer for the person on their right: " \_\_\_\_\_, I am so glad God made you because \_\_\_\_\_.

### **LEVEL 3 FEELINGS: Who you are.**

- What is your biggest fear about death?
- What do you miss most about childhood?
- I am most like my mom/dad in that I \_\_\_\_\_.
- One of my biggest pet peeves is \_\_\_\_\_.
- When you were a child, what did you want to be when you grew up? Are there any surprises?
- For what do you want to be remembered?
- 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?
- What is one of your biggest fears about the future?
- When you were a child, what was your favorite time of day and why?
- In general, I worry too much about \_\_\_\_\_.

### **More SAMPLE ICE BREAKERS**

- What is your favorite movie and why?
- If money were no problem, and you could choose one place in the world to travel for a week, where would that place be and why?
- Write down your two most favorite summer activities. Pair off and share those activities with one another, explaining why they are your favorites.
- One of my biggest pet peeves is \_\_\_\_\_.
- People might be surprised to find out that I \_\_\_\_\_.
- You have three wishes. What would you wish for?
- What is the most daring thing you have ever done? What made it so daring?
- My favorite way to waste time is \_\_\_\_\_.
- You have one minute to speak to the entire nation on national television. What one or two key things would you like to tell them?
- What's the story behind the longest time you've gone without sleep?
- What were the circumstances that surrounded your first kiss?
- Who is the most famous person you've known or met? How did it happen?
- If you could do one miracle (other than make the whole world Christian), what would you do? Why?
- What do you miss most about childhood?

- What's the biggest lie you ever told?
- If given a choice, how would you choose to die? How do you not want to die?  
What is your biggest fear about death?
- If you could go to college (again), what would you study?
- What's the worst storm or disaster you've been in? What was it like?
- Describe the most boring day/event/period of time you can remember.
- What's the smallest space you've lived in? What was it like?
- Just for the fun/thrill of it, before I die I'd like to \_\_\_\_\_.
- My number-two career choice would be \_\_\_\_\_.
- As a time traveler, I would most like to visit \_\_\_\_\_ because \_\_\_\_\_.
- What has been one of the greatest adventures you have ever been on?
- If I could invent a gadget to make my life easier, I'd invent something that would \_\_\_\_\_ because \_\_\_\_\_.
- Next year looks better to me because \_\_\_\_\_.
- Next year may be a problem because \_\_\_\_\_.
- I am most like my mom in that I \_\_\_\_\_.
- I am most like my dad in that I \_\_\_\_\_.
- I wish before I got married someone had told me \_\_\_\_\_.
- I have never quite gotten the hang of \_\_\_\_\_.
- I'm a bundle of nerves/all thumbs when it comes to \_\_\_\_\_.
- I will probably never \_\_\_\_\_ but it would still be fun if I could.
- What are a couple of things you remember about your grandparents?
- What is one of the most memorable dreams you have ever had?
- If you were going to leave the world one piece of advice before you died, what would you say?
- If you were to describe yourself as a flavor, what would your flavor be?
- What was the best gift you ever received as a child?
- If you could raise one person from the dead, who would you raise and why?
- Who was one of the most interesting persons you or your family ever entertained?
- What is the nicest thing anybody ever said about you?
- What one thing would you like your obituary to say about you? Why?
- What is your favorite city? Why?
- Where do you go or what do you do when life gets too heavy for you? Why?
- Which do you value most-sight or speech? Why?
- When you were growing up, who was the neighborhood bully? What made that person so frightening?
- What is your fondest memory of a picnic? Why was it so special?
- What is the best news you have heard this week? The worst news?
- What was one of the worst things your brother or sister did to you as a child?
- If your house were on fire, what three items (not people) would you try to save?
- What was your first job? What do you remember most about it?
- Who was the best boss you ever had? What made him or her so good?

- When you were a child, what did you want to be when you grew up? What did your parents want you to be?
- If you could choose one different way to do your wedding (parachuting while reciting your wedding vows, holding the service underwater, et cetera) what would you choose?
- Who was your hero when you were growing up? How did you try to imitate him or her?
- If you could go on national television and warn your countrymen to avoid three things, what would you say?
- What was your worst boss like?
- I suspect that behind my back people say I'm \_\_\_\_\_ because \_\_\_\_\_.
- Tell the group briefly the story of your wedding day. (If you warn them in advance, each couple can bring their pictures to share with the group.)
- Tell the group what's been happening in your life lately using the following categories: something old, something new, something happy, something blue.
- In what area of your life would you like to have greater peace? Why?
- If you could someday have a worldwide reputation for something, in what area would you like that to be? Why?
- What is one of your biggest fears about the future?
- Using a fruit or vegetable as a metaphor, how would you describe your life this week (dried fig, ripe cantaloupe, smashed banana, etcetera)?
- What do you like best about children? Why?
- Of the things money can buy, what do you long for the most?
- If you had to go to prison for a year, what do you imagine would be the hardest part of that experience? Why that?
- You have been granted one hour with the president of the United States. What would you ask him? What would you tell him?
- You have been given a year sabbatical from work. You can't go more than 150 miles for any one period of time. What would you do?
- Break your life into three equal segments. What was the most significant event from each of these periods of time?
- Have each person in the group answer for every other member of the group: "I am so glad God made you \_\_\_\_\_ because that aspect of who you are is \_\_\_\_\_."
- Something I have from my childhood I'll probably never give up is \_\_\_\_\_ because \_\_\_\_\_.
- The most useless thing in my/our house is \_\_\_\_\_ but it's still there because \_\_\_\_\_.
- The thing in my wallet/purse that tells the most about who I think I really am is \_\_\_\_\_ because \_\_\_\_\_.
- When you were a child, what was your favorite time of day? Day of the week? Time of the year? Why were these favorites?
- In general, people worry too much about \_\_\_\_\_.

- I want to be taken more seriously in the following area: \_\_\_\_\_.
- An emotion I often feel but don't usually express is \_\_\_\_\_.

## For Just Marrieds groups

These icebreaker games and activities are especially useful in helping group members become comfortable with one another at the outset of a new group.

### Two Truths and a Lie

Have group members share three facts about themselves—two true and one false. Everyone else in the group has to guess which fact is untrue.

### “Would You Rather” Game

Ask your group members any of the following questions:

Would you rather . . .

visit the doctor or the dentist? own a lizard or a snake? be hairy all over or completely bald? go without TV or fast food . . . forever? always be cold or always be hot? be stranded on a deserted island alone – or with someone you dislike? see the future or change the past? wrestle a lion or fight a shark?

### Candy Grab

1. Fill several small buckets with different kinds of candy. 2. Have each person pick the candy that best describes the current state of his or her marriage. 3. Each person shows the group the candy and explains why he or she selected it.

Some fun suggestions for types of candy to use:

• Butterfinger • Score • Payday • 100 Grand  
• Hot Tamales • Cry Baby • Sweet Tarts • Sugar Babies • Sugar Daddy Good & Plenty  
Red Hots

### The Newlywed Game

Separate husbands and wives. Have the wives go to a different room where they can't hear the questions you ask their husbands. Give each husband five pieces of blank paper or five index cards. Ask these five questions and have the husbands write their answers on the five cards:

What is your wife's favorite food? Would you say your wife is: always on time, mostly on time, or never on time? How would you describe your wife's bedroom closet? Organized, created, or a disaster? If stranded on an island, what is the one thing your wife could not live without? What is the most your wife has ever paid for a pair of shoes?

Bring the wives back into the room and read each question. Have the wives take turns guessing what their husbands said. Keep score—one point is scored for each correct answer.

All of the questions have been answered, repeat the process, but have the husbands leave this time. Ask the wives these questions:

What is your husband's favorite comfort food? What one item of clothing does your husband wear that you can't stand? How old was your husband when he got his first kiss? What is your husband's favorite color? If your husband were a cartoon character, which one would he be?

A prize ready for the winning couple. Examples: Starbucks or iTunes gift cards, a giant Have chocolate bar, matching socks, or something from your white elephant gift stash.