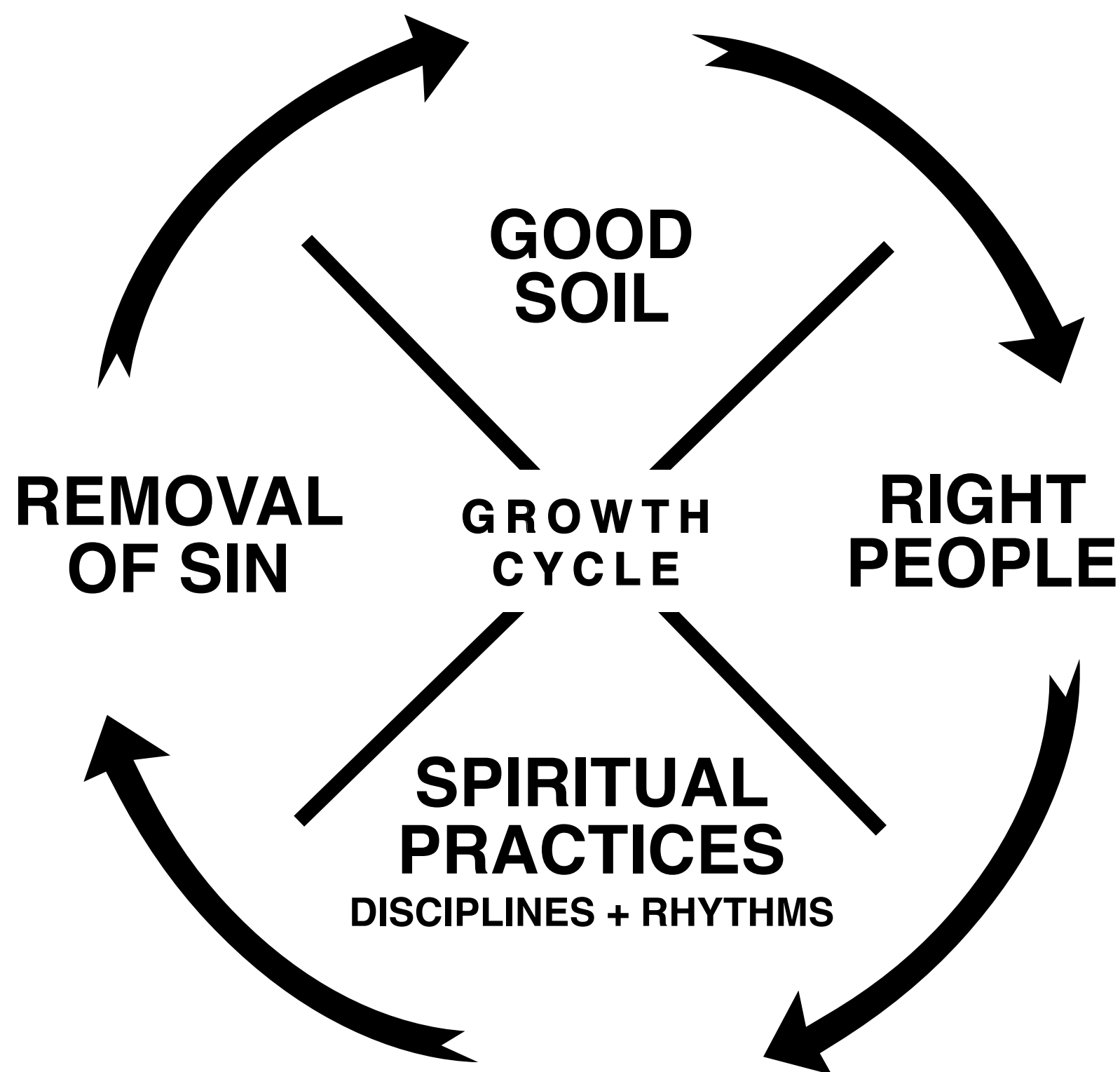


GROWTH CYCLE



SESSION ONE

Spiritual Growth is a combination of at least 4 movements in your life: Good Soil, Right People, Spiritual Practices (Rhythms, Disciplines), Removing Sin.

Comfort is an idol and looks to stop us at every step of the growth cycle. We must believe **growth** is greater than comfort!

QUESTIONS

1. What stands out to you about the growth cycle as most challenging, most encouraging?
2. Which one of the four stands out as the least comfortable one for you to work on or talk about? Why?

SCRIPTURE: Read Matthew 13:3-9. Jesus demonstrates our need to be planted in good soil in order to grow.

3. **Good Soil** is essential to growth! Good soil represents where you are planted. Consider your environment (work, home, church, social life). What area of your environment needs to change because it's not helping you grow (maybe it's too comfortable, or too negative)?

SESSION TWO

SCRIPTURE: Hebrews 10:24-25. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another

The **Right People** are always a part of growth, but often we surround ourselves with people who we are comfortable with

QUESTIONS

1. How have you generally approached the idea of spiritual growth in your life - what have you done?
2. Who are the “right people” in your life that consistently encourage, challenge, and hold you accountable to becoming the best version of you (they create a tension for growth)?
3. Who are the “not so right people” that don’t encourage growth in your life, but you go to them because they are comfortable?
4. How can you be more proactive and prayerful to be around the right people that promote healthy growth in your life?
5. How can you still honor the people in your life that are the “not so right people” that you need to spend less time with?

SESSION THREE

SCRIPTURE: 1 Corinthians 9:25-27. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Spiritual Practices are the disciplines we keep and the rhythms we create to consistently train ourselves in the faith.

QUESTIONS

1. Generally speaking does society live with a higher value for growth or comfort? How so?
2. How have you experienced spiritual practices? Which ones have you done/ practiced? Describe how they helped you grow.
3. What questions do you have about spiritual practices and rhythms?
4. What is a spiritual practice/ discipline/ rhythm that you want to practice in order to grow?

GO DEEPER: *A list of spiritual practices.*

1. Reading Scripture.
2. Devotional Reading (books)
3. Resting/ Sabbath
4. Personal Worship
5. Solitude + Silence
6. Fasting
7. Prayer

SESSION FOUR

SCRIPTURE: Hebrews 12:1. Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

The **Removal of Sin** is a part of becoming a new creation in Christ. We can't be comfortable with the sin that the world is often comfortable with. Following Jesus is a journey of removing sin and growing in Christ-likeness.

QUESTIONS

1. How have these conversations about growth helped you?
2. How have followers of Jesus become too comfortable with certain sins?
3. How do you personally practice the removal/confession of sin in your life?
4. What does Hebrews 12:1 say to do?
5. How can you be more consistent in the act of confession, repentance, and getting honest before God?
6. How can you not just confess sin but remove it?