



Fresh Start - Downward

When you hear the term “rooted” what do you think?

How do deep roots help a plant thrive? What happens if the roots don't go down deep?

Discuss the following quote:

“To become Christ-like is the only thing in the whole world worth caring for, the thing before which every ambition of man is folly and all lower achievement vain.”

- Henry Drummond

What role does the Holy Spirit play in our spiritual growth?

Top 10 Myths about Discipleship

Maturity Myth #1: Spiritual growth is automatic once you are born again. Truth: Spiritual growth is intentional.

What changed immediately in your life after you accepted Christ?

How long did it take for some of that initial excitement to start to fade?

Why do you think God allows that process to happen? How does it help us grow deeper in our faith?

Read: Hebrews 5:12, Colossians 2:6-7, Romans 6:13

Can you follow any of these verses by accident?

Maturity Myth #2: Spiritual Maturity is Someone Else's Responsibility

Truth: You only grow when you put in the work.

Who is responsible for helping you grow spiritually? Who are you responsible for helping?

Read: Philippians 2:12-13

How have you felt God working in you "giving you the desire and power to do what pleases Him"?

Maturity Myth #3: Spiritual Growth is mystical and is really only attainable by a select few.

Truth: Spiritual Growth is very practical and is for everyone.

Why do we have the tendency to believe Maturity Myth #3? How does believing only a few select people keep us from growing?

Read: Matthew 27:51

When the veil was torn in two from the top to the bottom it opened the door for anyone to go to God. How does knowing that Jesus levelled the playing field for all of us help you have confidence in your growth?

Maturity Myth 4: Spiritual Maturity happens instantly when the right things happen. Truth: Maturity is a process that takes time.

... train yourself to be godly.

- 1 Timothy 4:7 NLT

Have you ever trained for anything? (athletic event, music recital?) How was that training transformative?

What make the process more or less effective?

Maturity Myth 5: All you need is Bible Study.

Truth: It takes a variety of spiritual disciplines and experiences to produce spiritual maturity.

Anyone can become physically fit if he or she will regularly do certain exercises and practice good health habits. Likewise, spiritual fitness is simply a matter of learning certain spiritual exercises and being disciplined to do them until they become habits. Character is shaped by the habits we develop.

- Rick Warren

Disciplines We Need:

-Faith: Faith is only built through obedience. Doing what God says helps you to see what God does, and feeds your faith as you grow.

Prayer: This is more than talking to God, it is stopping and listening to Him as well.

Word: We are meant to read, memorize, study, and meditate on the Word of God.

Fasting: Fasting is the practice of intentionally denying yourself in order to focus on the Lord.

Service: This is using your gifts, talents, and abilities to minister to those in need.

Fellowship: Intentionally building Biblical relationships where we can be known and loved and offer the same to others.

Celebration: Celebration is honouring God by acknowledging and thanking Him for what he has done in our lives and on a daily basis.

Sharing: Telling people about Jesus.

Continuing: Persisting in faith despite doubt, struggles, and lack of understanding.

Which of these spiritual disciplines is your favourite? Which one is your least favourite?

As a group, pick one spiritual discipline, encourage everyone to practice it this week and then come back with a report next week.

Maturity Myth 6: Maturity is measured by what you know.

Truth: What we truly believe is always revealed by how we behave.

Read: 1 Corinthians 8:1, James 1:22, James 4:17, Matthew 7:16, Matthew 7:24-27

Discuss: We only believe the parts of the Bible that we obey.

Maturity Myth 7: Spiritual Growth is Personal and Private

Truth: Christians need relationships to grow.

Read: Revelation 12:11, Hebrews 10:24-25, 1 John 1:7

How has being in relationship with other Christians helped or hurt your faith walk?

Maturity Myth 8: Spiritual Maturity is happens through osmosis.

Truth: We each have to make our own choice to follow Jesus.

Read: Ephesians 2:8-10

God does an amazing work to save and grow us up in Him, what is our role in all of that?

Maturity Myth 9: We grow to the place where we have “arrived” spiritually.

Truth: We always have room to grow.

Read: Philippians 1:6, Ephesians 2:6-7

What is the danger in thinking we have it all figured out?

How does pride hurt our relationship with God?

Maturity Myth 10: Spiritual maturity happens one day a week.

Truth: We grow best when we prioritize our growth daily.

Read:

- Joshua 1:8, 1 Thessalonians 5:16-23

Spiritual growth is impossible without commitment. We become what we are committed to.

What are the spiritual commitments you are committed to now? How can we help each other to take our commitment up a notch?