



Small Group Discussion

The Week of:

April 27, 2022

What's your life like:

What's something that's really important to you right now?

What are we talking about this week:

Growing through the tough stuff.

Bible Verse:

- James 1:2

Main point of the message:

Tough stuff doesn't have to hurt your faith—it can actually grow it.

Discussion Questions:

1. What's something tough you've been through that is funny now when you look back on it?
2. Have you ever lifted weights? Do you remember how lifting weights works to make you stronger?
3. What are some of the spiritual exercises you can do to grow spiritually?
4. Did you know what a spotter was before this message? Where have you seen a spotter before?
5. Have you ever experienced what it's like for Jesus to help you feel strong when you are weak?
6. Is there any tough stuff you are facing right now that you'd like to share and ask for help carrying?

Now what:

This week, choose some spiritual exercises like prayer, worship, and bible study, and do them every day.