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March 24/25 - Growth - John Alexander

God wants us to grow in all areas of our life and faith. But that growth doesn't always come easily. However, when we put in the hard work, we become a better version of who God created us to be—moving us from unhealthy to healthy, broken to whole.

Discussion Questions

1. What's an example of a time when you said yes to something, knowing that it would take you out of your comfort zone? What happened as a result?
2. In what areas of life—spiritually, physically, or emotionally—do you feel stuck? Who can you turn to, who can help you get un-stuck?
3. What are some of the excuses you tend to make that have become a barrier to experiencing growth in your life? What actions can you take to replace and counteract those excuses?
4. **Read Galatians 5:22-23.** Which of these areas do you need to grow in the most? What 1-2 steps can you take to kick-start that growth?

Challenge

Identify one area in your life that you'd like to actively grow in. Then, ask yourself some questions: What's my purpose in pursuing this growth? What do I hope to accomplish? What will help motivate me to keep going when I face adversity?

Write down your answers to these questions or discuss them with a friend, then take that first small step toward growth this week.

Commit to Memory

Continue to work out your salvation with fear and trembling, for it is God who works in you. **Philippians 2:12-13**