

Introduction

(Watch Video)

Open it up to the group to see if anyone has any thoughts they want to share about what was discussed in the video.

Read

(Leader will read this text out loud asking people to listen and see what stands out or speaks to them)

1 Timothy 4:7–8 (ESV)

⁷ Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; ⁸ for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

Ask the group what stood out to them in the text.

Discussion Questions

1. The video opened with a story about redwood trees, which grow fast at first but slow down as they mature. How does that illustration help you understand the Christian life and the long-term process of spiritual growth?
2. Pastor Smart said that “salvation is a gift, but growth is a process, and we are called to participate in it.” Do you find yourself actively participating or passively waiting? Explain.
3. Of the three practices mentioned – Time with God daily, intentional fellowship, and faithful obedience – Which one is most difficult for you? Why?
4. The video also talked about barriers to spiritual growth like distractions, perfectionism, and shame. Which of these do you relate to the most? Explain

5. As we are reflecting on the process of becoming like Jesus, what is one area in your life right now that you feel God is wanting to work on in you? What is one step you will commit to taking this week to participate in the process?

Closing

As we finish this series, take a moment to reflect.

You are being shaped into something every day, little by little. Ask yourself: "Who am I becoming... and what needs to shift so I can become more like Jesus?"