



**MONTEREY
CHURCH**
TRUTH . LOVE . POWER

SMALL GROUPS MINISTRY DISCUSSION GUIDE

WELCOME

What is a favorite piece of clothing you have had for years and can't seem to discard?

WORSHIP

Read Psalm 90 | Listen to "Precious Love" (Lyric Video) - Chris Tomlin
<https://www.youtube.com/watch?v=D86Snx9XW4A>

WORD

Message Title: Stewarding the Life God Gave You (Part 2 - Guarding Your Spiritual Health) - Pastor Bobby Gore

Scriptures: 2 Corinthians 13:14; Isaiah 48:12-13; Ephesians 6:10-12; Deuteronomy 31:23; Isaiah 11:5; Isaiah 51:17; James 4:4-7; 1 Peter 5:8-9; Psalm 91:5-6; Luke 4:33-36; Genesis 6:4; Job 38:6-7; Isaiah 26:14; Hebrews 10:25

1. What part of the message stood out to you this week? Why?
2. In comparison to tracking our physical and financial health, it may be more difficult to assess our spiritual health. According to Scripture, what is evidence of (the mark of) a spiritually healthy disciple?
3. What are some practical habits/disciplines we can use to guard and intentionally care for our spiritual health?
4. Read Ephesians 6:10-12. The physical and spiritual realm are connected. What evidence do you see of the spiritual battle in your life? In your church? Your community? Your nation?
 - What parts make up the armor of God? Compare your spiritual armor to that listed. Where are you strong? Where are you weak?
5. Read Psalm 91. What are the promises of God in the midst of spiritual warfare?
6. Read Hebrews 10:25. Share the habits that have helped you daily stay connected to God with your group: prayer, bible study, fellowship/community.
7. **How can the group encourage and pray for you this week?**

WITNESS

Who are the people in your life that the Lord would have you touch? Pray for God's heart and burden for people in your sphere of influence who do not yet know His love for them.

CLOSING PRAYER & INTERCESSION

Share prayer requests and pray for one another.
Allow space to wait and listen for God to speak, as you pray.