

# ADULTING

## DISCUSSION QUESTIONS

**Read Ephesians 4:17-4:32 aloud together.**

Share something in your life that required discipline? What did you learn about discipline and/or your self in that season?

Pastor Chris talked about our ability to be uncomfortable in life. What do you find yourself running to when you get those feelings of uncomfortability?

What has your experience with fasting look like? What was the situation and what was the result?

We received some more clarification around tools to help us with our Put Off and Put On exercise. As you reflect back on the items we shared with one another earlier this year have you been able to identify the root or idol of the behavior your looking to put off and how to undermine the destructive behavior?

Pastor Chris shared, “The lie behind being an adult is that it can’t be fulfilling”, have you ever felt that way?

How does it change your mindset when you move from just obeying God to loving God well?

DINNER  
GROUPS