

FINDING HEALTHY BALANCE
GOODINTENSION
IN A CULTURE OF EXTREMES

Good in Tension: Knowing vs. Doing

Big Idea: We often try to force random pieces of life together or get stuck in head knowledge without action. Real transformation happens when we anchor our identity in Christ first, allowing His Holy Spirit to work inside us so obedience naturally flows outward.

Part 1: Icebreaker & The "Know-Do" Gap

1. The "Will It Falcon?" trend takes random LEGO sets and forces them into a Millennium Falcon. Have you ever tried to force mismatched pieces of your life, schedule, or plans together by sheer willpower? What happened?
2. We all experience a gap between what we *know* and what we *do*—like sleep routines, emergency funds, or flossing daily. What is an everyday area where you know what to do, but struggle to actually do it?
3. In light of that gap: Do we truly *know* something if our actions never reflect it? Why or why not?

Part 2: The Biblical Tension (Faith & Works)

Read **John 3:16**, **Matthew 7:21**, **Ephesians 2:8–9**, and **James 2:14–17**.

1. Jesus speaks of eternal life through belief (**John 3:16**), but also says only those who *do* the Father's will enter heaven (**Matt 7:21**). Paul says salvation is not of works (**Eph 2:8–9**), but James says faith without works is dead (**James 2:17**).
 - How do these passages fit together without contradicting each other?
2. Why is it dangerous to get stuck on either extreme—either endlessly "doing" without knowing God's design, or "knowing" without ever acting?

Part 3: Order Matters (Identity Precedes Impact)

Read **Ezekiel 36:27** and **Philippians 2:12–13**.

1. Think about the guitar string illustration: spinning the tuning peg at the top (our striving) does nothing if the string isn't anchored at the bridge pin (our faith/identity in Christ).
 - Where in your life are you currently trying to "spin the pegs" through human effort rather than anchoring first in Christ?
2. In Philippians 2, God works *in* us (*energeo* – divine power) so we can work *out* our salvation (*katergazesthai* – work to completion). How does the "dirt and seed" picture help us understand how obedience is produced?

Part 4: From Surrender to Step

1. The sermon challenged us to move from passive or fearful faith to active step-taking. Consider these two real-world examples from the message:
 - **Prayer:** Telling someone "I'll pray for you" vs. stopping right then and there to pray with them.
 - **Perspective:** Viewing shifting cultural demographics through political fear vs. seeing an eternal harvest field brought to our front door.
 - Where do you tend to stop at passive "head knowledge" or fear rather than stepping out?
2. **Personal Application:** What is **one practical step** of obedience or action you need to take this week because of what God has already worked *in* you?

Closing Prayer

Pray for one another to stop striving in self-effort. Ask the Holy Spirit to root your group deeply in your identity as God's children, and pray for the boldness to turn head knowledge into courageous action this week.