

Main Street Church - Life Group Guide

Series: Living Proof - How Real Faith Shows Up In Real Life. 1-2-3 John.

Message 5: Grow Up!

Speaker: Shawn Vandop - Lead Pastor

Date: May 17, 2026



Connect (20min)

1. Consider This

- Have you ever left a Church service or event and asked yourselves on the ride home – “Do you think God enjoyed church today?” as opposed to “Did I/we enjoy church today?”
- How might these kinds of questions enrich our perspective – “Was the Word well used?” “Was the work well done?” “Was the Lord well pleased?” Discuss.

2. Monthly Check-In

- **Read Romans 12:15** - *Rejoice with those who rejoice, weep with those who weep.*
[Option for personal reflection - Consider the article from *Soul Shepherding* on p.3]
- **Using a scale of 1-10** (poor to amazing) how are you (really) in these following areas of life?
> Your Physical Health > Your Mental Health > Your Spiritual Health
- **Respond in Prayer for one another.**

Message Discussion (50min)

1. “GROW UP!” - Read [1 John 2:12-14](#); [James 1:22-25](#); [Psalm 139:23-24](#).

Which part of Sunday’s message or Scripture challenged you the most personally — and why?

2. John describes believers as “*children*,” “*young men*,” and “*fathers*.”

Which stage do you most relate to spiritually right now, and what makes you say that?

Read [Hebrews 5:12-14](#) and discuss how it connects with John’s message about spiritual maturity.

3. Read [1 Corinthians 3:1-3](#); [Ephesians 4:14-15](#).

Pastor Shawn said, “*You can grow old without ever growing up spiritually.*”

What are some signs of *spiritual immaturity* that Christians can drift into without realizing it?

4. Read: [1 Timothy 4:7-8](#).

Why do you think *spiritual growth requires intentionality and “training”* rather than just time?

What habits or disciplines have helped you grow spiritually, and how?

5. Read [Psalm 1:1-3](#); [Colossians 2:6-7](#); [James 1:6-8](#).

Pastor Shawn talked about *mature believers becoming “anchored” and stable*.

What tends to shake people spiritually today, and how do we become more rooted in Christ?

6. **The Dead Sea Illustration** showed how Christians can constantly receive but never pour out.

In what ways can someone become *spiritually stagnant*?

Read [John 7:37–38](#); [Matthew 28:19–20](#); [Acts 20:35](#).

What does **healthy spiritual “outflow”** look like practically?

7. Read [2 Timothy 2:1–2](#); [Proverbs 27:17](#).

Who has helped you grow spiritually in your life?

What did they do that made such a positive impact on you?

8. **We were challenged to move from “being served” to “serving others.”**

Read [Galatians 6:1–2](#); [Hebrews 10:24–25](#); [Mark 10:45](#).

Who is one person you could intentionally serve this week by encouraging them, discipling them, praying for them, or helping them grow spiritually in another tangible way?

Prayer (20min)

>> Set aside 15min to Pray together as a group. Break into groups of 3-4 people to enhance this time.

- **How can we pray for your personal spiritual growth today, and throughout this series?**

Pray for one another.

- **Who is that one person that you can serve and encourage this week?**

Pray together for them and your opportunity in their journey.

May

>> **Series Challenge:** Read or Listen through the entire *Letters of 1-2-3 John* in one sitting. 25min.

>> **Share Announcements** and **confirm plans for your Life Group this month.**

Life Group options for May-June: *Group Social, Serving Event, Communion, Wrap Up BBQ/Party.*

8 Ways Jesus Prioritized His Mental Health

by SoulShepherding.org

Jesus Made Space for Rest

Jesus regularly stepped away from crowds and the demands of his ministry to be alone, rest, and pray (Luke 5:16). Not because he didn't care - but because he needed rest. He didn't wait until he was burnt out to stop. He built healthy rhythms into his life in order to sustain his capacity to care for others.

Jesus Named and Expressed Emotions

He didn't suppress his feelings, or pretend everything was fine, but rather demonstrated emotional awareness by openly expressing anger, grief, and sadness (Mark 14:34). By naming what was going on inside, he created space for the Father and the people around him to offer presence, empathy, and support in his emotions. Jesus' model shows that we can be emotionally honest with God, without shame.

Jesus Welcomed Support

Even as the Son of God, Jesus did not do life alone. He chose community - especially when things were hard. In the garden, he asked his closest friends to stay with him, pray with him, and be near (Matthew 26:38) He modeled what it looks like to reach out instead of isolate.

Jesus Stayed Grounded in Truth

When facing, tempting, or overwhelming lies, Jesus anchored himself in the truth of God's Word (Matthew 4:4). He didn't spiral; he declared Scripture to steady his soul.

Jesus Accepted His Human Limits

Jesus accepted that he was human—needing sleep, food, and companionship—avoiding the trap of feeling obligated to do everything or be everywhere (John 4:6). When he was tired he rested. When he was hungry, he ate. When he needed a break, he took one. He showed us that caring for your body is part of caring for your mind and soul. He also withdrew from people sometimes, even those needing healing, to ensure his priorities and emotional capacity were protected. He lived with healthy boundaries.

Jesus Practiced Gratitude

Even in moments of grief and pressure, Jesus paused to thank the Father (John 11:41). He didn't wait for the situation to improve - he acknowledged the Father's goodness before the blessing came.

Jesus Surrendered Outcomes to the Father

Jesus faced real mental and emotional anguish - especially on the way to the cross. Instead of trying to control or escape, he chose to trust his Father. He laid down the pressure to make things happen and surrendered to his Father's perfect will (Luke 22:42). Rather than letting anxious self-talk run wild, Jesus modeled staying present with God and the situation, as shown in his teachings to not worry about tomorrow (Matthew 6:34).

Jesus Made Space for Joy

In the middle of heavy ministry demands and serious conversations, Jesus made space for light, laughter, and connection (Matthew 19:14). We welcomed children. He enjoyed meals. He went to weddings. He noticed beauty. Joy wasn't a distraction from his mission - it was a vital part of his emotional well-being. Jesus shows us that making space for delight is part of living a mentally healthy life.