



Table Group Discussion Guide (Young Adults)

Series: Practical Wisdom | Title: “How Do I Grow Wiser as I Grow Older?” | August 23, 2026

Looking Back (5 minutes)

Last week the challenge was to **pick one restraint** — one thing you’d say no to for seven days, not because it was forbidden, but because of where you’re trying to go. And every time you felt the pull, say the name. Jesus.

- How did it go? No shame if you forgot — say so honestly. If you tried it, what did you notice? Was the hard part the restraint itself, or remembering to reach for the name?

Warming Up (5 minutes)

1. What’s something you were completely sure about at eighteen that you’d roll your eyes at now? Career, relationships, what your twenties were going to look like — anything.

Getting to Know Each Other (10 minutes)

This message closed seven weeks in Proverbs with four words: **look up, look out**. Fix your eyes on God, and turn your attention toward the people coming behind you. And here’s the thing — you might assume the second half is for people twice your age. It isn’t. There’s always somebody behind you.

2. Who’s an adult who paid attention to you when they didn’t have to — a coach, a teacher, a youth leader, a relative? What did they actually do? Do they know what it meant?

Getting Into the Word (20 minutes)

Scripture: **Proverbs 1:7, Ecclesiastes 12:13, Proverbs 20:29, Proverbs 17:6, 1 Corinthians 1:26–30**

Read **Proverbs 1:7** and **Ecclesiastes 12:13** back to back. The first wisdom book opens with the fear of the Lord. The last one closes with it. Everything in between — and Ecclesiastes is brutally honest that a lot of it doesn't add up — sits inside those brackets. And fear here doesn't mean scared. It's closer to **awe**: the place where excitement and terror meet.

3. A lot of people your age were handed a version of God that was mostly rules, or mostly nice, or mostly nothing. What version did you get? Does awe sound like the God you grew up hearing about, or like something different?

An engineer fell off a supply ship at four in the morning. Nobody noticed until ten. He wasn't found until six that evening — fourteen hours treading water in open ocean. Asked how he survived, he said he spotted a black dot on the horizon and swam toward it. It turned out to be an abandoned fishing buoy. Didn't matter. It gave him a fixed point.

4. Your twenties come with a lot of open water — job stuff, relationship stuff, moving, figuring out what you actually believe. What are you currently swimming toward? Be honest about what it actually is, not what you think the right answer is.

Read **Proverbs 20:29**: “Strength is the glory of the young; gray hair is the splendor of the old.” Right now you've got the strength. Energy, options, time, the ability to change direction without much cost. Proverbs isn't knocking that — it calls it your glory. But it also quietly says it won't last.

5. What are you doing with the strength you have right now? Not in a guilt way — genuinely. If this is the season with the most options you'll ever have, what are you spending it on?

Going Deeper with Each Other (20 minutes)

Two mountains. The first is about **achievement, accumulation, acquired knowledge, your success**. The second is about **investment, impartation, synthesized wisdom, somebody else's success**. You're supposed to be on the first one right now — that's appropriate for your stage. The warning is that most people never leave it, and either camp on the summit or feel like failures for not reaching it.

6. How much of your energy goes into building a version of yourself other people will approve of? And what would it look like to start putting a little into somebody else now — not *after* you've arrived?

Here's a phrase worth sitting with: **your most relational roles are your least replaceable roles**. Your job will replace you within a month. Your title can go to somebody else. But nobody else can be that friend, that sibling, that son or daughter, that person who shows up.

7. If you're honest, which are you optimizing (maxing) for right now — the replaceable or the irreplaceable? Name one relationship you've been letting drift because you've been busy.

There's a particular pressure on people in their twenties to have it figured out — the career, the relationship, the calling, the whole shape of your life — and to be visibly further along than you are.

8. Where do you feel behind? Say it out loud if you can. **ACTION BONUS:** Read **1 Corinthians 1:26–30** out loud as a group afterward. Paul says God deliberately chose what the world calls foolish, weak, and nothing — specifically so nobody could brag.

Circling Back (5 minutes)

“You are the youngest today that you’ll ever be.” Which cuts two ways — you’ve got more time than you think, *and* less than you assume.

9. Look up, look out. Which one is your growing edge right now — and what’s one thing you’re taking away from seven weeks in Proverbs?

Pray for Each Other (10 minutes)

Before you start: some of us have been following Jesus a long time, some are newer at it, and some are honestly still deciding. All of that is welcome here. Nobody has to pray out loud, and nobody has to perform belief they don’t have.

Go around the table. Each person names one thing they feel behind on — the thing they’d normally keep quiet about. No fixing, no advice, no “well at least...” After each person shares, the group simply says together:

“You are not behind. You are seen, and you are loved.”

Go all the way around before anyone prays anything else. Then close by praying for whatever specific things came up.

One Thing to Carry into the Week

Two things, actually — one for each half.

Look up. Before you touch your phone in the morning, pray this: “Lord, as I go about my day, draw my heart close to yours. Align my thoughts with yours. Lead me in love for the sake of others.”

Look out. First: text one person older than you and ask if you can buy them coffee — not for advice, just to hear their story.

Second: think of one person younger than you — a sibling, a cousin, a student, a new hire — and do something **shoulder to shoulder** with them: A drive, a hike, a project. The best conversations don’t happen face to face across a table. They happen while you’re doing something.

Name both people out loud to the group before you leave. We’ll follow up next time.