



## **Grow**

October 11, 2026

### **Read & Reflect**

**READ:** Psalm 1:1–6, John 15:4–8, John 7:37–39

As you read, notice the contrast between a tree planted beside flowing water and chaff blown away by the wind. Consider what nourishes a life that bears lasting spiritual fruit.

### **Understand the Moment**

Psalm 1 opens with a choice between two paths. One gradually follows influences that lead away from God. The other delights in God's Word and meditates on it continually.

The psalmist compares the faithful person to a tree planted beside streams of water—nourished, rooted, and fruitful.

Jesus deepens this picture by inviting us to remain in Him. Spiritual growth isn't about instant transformation or simply completing religious activities. It's about an ongoing relationship with Jesus that shapes our lives through daily faithfulness.

### **Process Together or Alone**

- What does the progression of walking, standing, and sitting in Psalm 1 reveal about the influence of everyday choices?
- What voices most influence your decisions?
- What's the difference between reading Scripture and meditating on it?
- Where have you seen small, consistent habits produce meaningful change?
- What spiritual fruit would you like to see growing in your life?

### **Follow Jesus This Week**

#### **Listen**

- What might Jesus be saying about your current spiritual direction?
- What is one verse from Psalm 1 that speaks to you?

#### **Obey**

- What unhelpful influence or habit do you need to reduce?
- When will you intentionally spend time with God this week?

#### **Share**

- Who could join you in reading and reflecting on Scripture?
- What are you learning that could encourage someone else?

#### **Care**

- Who needs prayer for perseverance in their spiritual journey?
- How could you encourage someone who feels spiritually stuck?



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## Live It Out

Try a simple daily practice this week that we'll be launching for the whole church in the new year:

### **Read. Pray. Journal. Share.**

Read a short Scripture passage. Pray about what stands out. Write one sentence about what you sense God teaching you. Share that insight with someone you trust.

Start with Psalm 1 and repeat the practice at least four days this week.

**Remember: Spiritual maturity grows through a long obedience in the same direction!**

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## Pray

- Thank God for inviting you into a growing relationship with Jesus.
- Ask Him to reveal influences pulling you away from His wisdom.
- Pray for a deeper hunger for Scripture and prayer.
- Ask for consistency and patience when growth feels slow.
- Pray that your life would bear fruit that blesses others.

*Plant my life beside the living water of Your presence. Help me recognize the voices that pull me away from You and learn to delight in Your Word. Give me patience for the process and faithfulness in the small things. Shape me to become more like Jesus, and let the fruit of that relationship bless the people around me. Amen.*

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## Group Leader Optional Questions

### **Opening Question:**

What's one small habit that has made a surprisingly big difference in your life?

### **Closing Reflection:**

What is one specific practice you will begin this week to grow closer to Jesus?