

Small Groups

September - December 2026

Spiritual Health Check-up This Fall

No one gets excited about going to the doctor unless you are a kid and you know they are going to give you some candy at the end. However, we all know that a health assessment on a regular basis is critical in maintaining our wellness. It helps keep good habits top of mind and catch any anomalies early before they become bigger than they need to be.

This Fall we want to focus on a spiritual health check-up. We want to take our temperature and an honest look at our habits to see if there is any lifestyle changes that need to be made. This spring we talked about being filled with the Spirit in several ways by believing, seeking, testing, and embracing the spirit in our life and in the lives of those around us. When we are filled with the spirit by definition it means we are void of something else. If we want to be spiritually healthy then we have to get rid of the anomalies before they grow into a sickness that is life threatening.

Sept. 2nd - The Health Assessment.

When you go to the doctor the number of detailed questions can be daunting. You feel like you are taking a pop quiz about yourself and you're starting to wonder if you are going to pass or fail. However, asking those questions helps the doctor reveal the knowledge they have about certain areas you may have questions about or need assistance developing a healthy habit for. Tonight ask yourself the questions. Discuss them with your Christian family.

Scriptures:

Ephesians 1:13-2:10

Prov. 2:1-22

Key Takeaways

1. God has been planning for you. Salvation is not an afterthought. God worked out the plan in advance, and his ongoing work is directed at you personally. You are his handiwork -- his most significant creative work.
2. The Holy Spirit is a deposit, not just a feeling. The Spirit sealed within believers is a guarantee of the inheritance to come. That deposit is also visible to others. The way you handle difficulty, maintain hope, and reflect God's character is evidence of the Spirit's presence in your life.
3. Spiritual growth changes what you see. Paul prays that the eyes of the heart would be enlightened. Looking back over time, believers often recognize God's presence and provision in situations they did not fully understand when they were living through them. Growth gives you new eyes for what God has already done.
4. You were created for good works -- and those works grow with you. God does not stop placing opportunities in front of you as you mature. The challenges and opportunities available to you now are likely greater than they were a year ago, and that pattern continues throughout your life.

5. You are not a servant of Christ alone. Ephesians 1:23 describes the church as the fullness of Christ. Your spiritual life is lived out in community, and the people around you are both a gift from God and a part of how he works in the world.

Discussion Questions

Getting to Know Each Other

Begin with having every person in the group introduce themselves. Share your name and a little about your family and how you have come to Southpoint.

Then answer the two questions below. Encourage everyone to answer before the group moves into deeper discussion.

1. Where am I at today spiritually?
 2. Where would I like to be by the end of this year, and what is one thing I hope to do in my spiritual life that I have not done yet?
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Deeper Discussion

3. Ephesians 1:11-14 describes believers as chosen and sealed by the Holy Spirit as a deposit guaranteeing an inheritance. What does it mean to you personally that God planned for your salvation in advance? How does that change the way you think about your own value or purpose?
 4. The video described the Holy Spirit as something others can see in you -- through how you handle hardship, maintain a positive attitude, or respond to difficult circumstances. Can you think of a time when someone else's response to a hard situation revealed something of God to you? What did that look like?
 5. Paul prays in Ephesians 1:18 that the eyes of the heart would be enlightened. Looking back over the past year or several years, where do you now see God working in a situation that you did not recognize at the time?
 6. Ephesians 2:10 says believers are created for good works that God prepared in advance. How has what you feel called or equipped to do changed over the past year? What new opportunities or challenges has God placed in front of you that would not have been there earlier in your spiritual journey?
 7. The video noted that the church -- the community of believers -- is described in Ephesians 1:23 as the fullness of Christ. How has being in community with other believers shaped your spiritual growth? Is there an area where you need the support or perspective of others right now?
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Assessment Homework

Continue to ask yourself some of these questions as you go through your day during the next few weeks as you consider your spiritual goals discussed. This intentionality will help you see the changes God brings about in your life.

1. How did you start and end your day?
2. Besides work and sleep, what filled most of your time today?
3. What did you look forward to the most today?
4. Did you forgive someone today or were you forgiven by someone?
5. Did you tap into the spirit today to understand another thing about God, his word, his people?
6. How many people have you prayed for today, and I mean specifically took time to know what is wrong and pray for their physical or spiritual healing?
7. Did the word of God touch you today with wisdom from its pages?
8. Did the spirit lead you to help someone in need today?
9. Did the spirit lead you to someone who needed to know more about God today?
10. Did you share the gospel with someone else today?
11. How did the spirit groan with you in prayer today?