

ICEBREAKER

Growing up, did you have a teacher or a mentor that impacted your life? Tell us about them.

DEVOTIONAL

Spiritual growth is a growing faith in God validated by a growing love for God and others.

“The only thing that counts is faith expressing itself through love—the entire law is fulfilled in keeping this one command: love your neighbor as yourself.”

Galatians 5:9,14

Five things **common** to people growing spiritually:

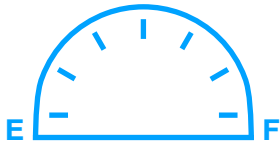
1. **Private Disciplines**
2. **Practical Teaching**
3. **Providential Relationships**
4. **Pivotal Circumstances**
5. **Personal Ministry**

LET'S TALK ABOUT IT

1. Talk about an area of your life (career, health, hobby) where you've grown significantly over time. What did you do to pursue that growth?
2. In the video, spiritual growth is defined as a growing faith in God validated by a growing love for God and others. Is that a different definition than what you understood growing up? Does it change the way you think about pursuing spiritual growth?
3. Take a minute to individually complete the **Gauging Your Growth** activity on the next page. When you are finished, discuss the following questions as a group.
 - In which gauge have you experienced the most growth?
 - Which gauge could use some attention?
 - If you feel comfortable sharing, how did you rank yourself on the Pivotal Circumstances gauge? Are those circumstances having a positive or negative impact on you?
4. If every step forward is progress, what can you do this week to take a step to grow spiritually?
5. Go over the Homework assignment for this week on the next page.
6. How can the group pray for you this week?

ACTIVITY: GAUGING YOUR GROWTH

Indicate how much growth you're currently experiencing in the following four catalysts.



PRACTICAL TEACHING

Listening to sermons or podcasts, reading books



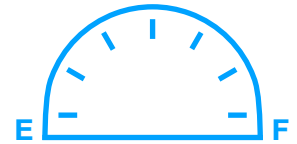
PRIVATE DISCIPLINES

Reading the Bible, praying, listening to worship music



PROVIDENTIAL RELATIONSHIPS

Engaging in relationships that impact your faith



PERSONAL MINISTRY

Serving at church or sharing your faith with people

How are pivotal circumstances influencing your faith in God?



PIVOTAL CIRCUMSTANCES

Experiencing the highs and lows of life

HOMEWORK: ABOUT ME ACTIVITY

This activity is a tool that will help you communicate a 5-7 minute snapshot of your life to your group. Remember, this time will pass more quickly than you think. Your goal isn't to share your entire life story, but to give your group a foundational understanding of who you are. **Feel free to use a photo or two from your phone or tablet. If you want to go old school, print one.**

1. Where are you from?
2. What is something few people may know about you?
3. Describe your family.
4. Describe your faith background.
5. Describe a person or event that influenced who you are today.