

TALK IT OVER

Growing Pains: Grow Up

Find your new group! vccindy.org/groups

Start Talking: Find a conversation starter for your group or use one of these.

What's one thing you didn't like hearing when you were younger, but now you understand it better?

Please read **1 Peter 5:1-7** aloud.

- When have you personally felt the tension between wanting to stay comfortable and realizing God was humbling you? What did that teach you about reliance on Him?

Please read **Galatians 6:8-10** aloud.

- Where in your life are you tired of waiting, and what helps you resist giving up?

Please read **Hebrews 11:1-2, then Hebrews 11:5-6**.

- Where has stepping out in faith felt stretching for you, and what helped you believe anyway?

Please read **Hebrews 12:4-8** aloud.

- When you sense God's correction, what helps you lean into receiving it, instead of brushing it off?

Please read **Ephesians 4:11-16** aloud.

- So, if maturity means building up the body in love, what's one change you're willing to practice to help others grow?

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Start Praying: Be bold and pray with power.

Heavenly Father, thank you for loving us enough to help us grow. When you humble us, remind us our strength comes from you. When we're waiting, give us patience to trust your timing. When we're stretched, give us courage to step out in faith. When we are corrected, give us humble hearts to listen and change. Shape us into people to grow in Christ and use that growth to build others up in love. Give us perseverance when the road feels long. In Jesus' name, Amen.

Leader: Make time to pray for and with each other. Break into groups of three, take time for healing prayer, or pray with individuals requesting prayer. This is important!

Start Doing:

Reread **Ephesians 4:11-16** during the week. Think about the words and the message God is giving you. What is one thing you can do to make the body grow so that it builds itself up in love?