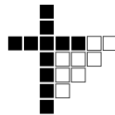




Spring 2026
Growth Group Study



St. Luke Lutheran Church

“Abundant Life” Study Overview

*“I came that they may have life and have it abundantly”
-John 10:10*

Spring is a season of life, and especially a season of new life. It's no accident that Jesus was raised from the dead in the spring. The Passover and the Exodus from Egypt, where God ransomed His people from slavery and passed over all their sins, also happened in spring. God's people have always associated the spring with new life and new beginnings.

The Lord desires life to fill the earth and He desires life for His people. All over the Bible and even through the natural world, God teaches us about life. He makes and sustains new life, richly and daily giving us all we need for bodily and spiritual life.

God's people were cut off from the Tree of Life in the Garden of Eden for their sin, but the Lord provides another Tree of Life to lead His people back into the fullness of life He prepared for them.

This study will address the following questions:

- What was God's original plan for life?
- Where should Christians look for life?
- Who are the children of God?
- What does Christian life look like?

Through countless teachings, parables, foreshadowings, and mysteries, God has sought to remind us of the life found in Him through Jesus Christ.

Session Overview

Life From Nothing (Session I)	Gen. 1:11-12, 20-22, 24-30	Created to Increase & Multiply
The Way of Life (Session II)	Psalms 34:11-22	God's Word is Life
The Promise of Life (Session III)	John 1:1-18	Children of God, Born of Faith
The Living Body (Session IV)	Ephesians 1:7-23	The Church's One Life in Christ

Accessing Videos

The videos for this study are available at:

- www.KnowingJesus.org/connect/growth-groups OR
- [Youtube.com/StLukeHaslett](https://www.youtube.com/StLukeHaslett)

Please contact the church office if you need assistance.

About This Study

This four-session study is designed to encourage questions and conversations about life and the word of God. Groups may proceed at their own pace. The study materials, including this study guide and the videos, were produced by the staff of St. Luke Lutheran Church.





Session I: Life from Nothing *Created to Increase and Multiply*

GETTING STARTED

Be sure to welcome any new members to the group. Take a few moments to get reacquainted with returning group members. Begin your study with prayer.

The Scriptures teach that God created human life to be without death. How is this different from how the secular world views humanity's origin?

READ | Genesis 1:11-12, 20-22, 24-30

WATCH VIDEO

Abundant Life – Session No. 1 **(Life from Nothing)**

DIG IN

With the Genesis readings in mind discuss the following:

- God created the plants with fruit and seeds to grow and multiply. He created birds, beasts, fish, and men, and He commanded them to be fruitful and multiply. He also commanded them to fill the earth, sky, and sea. What does this tell us about God's plans for us?
- Adam and Eve are distinguished from other creatures by being made in the image of God. Lutherans teach "that the image of God is the knowledge of God, righteousness, and truth." (Augsburg Confession-Ap. 2.20) How do these things reflect God's character?
- The Lord said, "It is not good that the man should be alone," and then He created Eve. Did God merely mean to give Adam a wife to fix his loneliness, or did

He intend also a whole family? Does marriage exist just for 1-on-1 companionship or for more also?

Read Genesis 15:1-6. God's covenant with Abraham involved numerous offspring. In fact, God's covenant with Adam and His covenant with Noah did as well. Later, God would promise the same to Jacob, the man who would come to be known as "Israel." He also promises the same to the new head of the household, to Christ (Isaiah 53:10-12). God multiplies His people. What do you think it means if God wants more of you around? Does God still desire His people to grow?

Read Matthew 13:1-9, 18-23. Christ is our Patriarch and the Church grows out from Him. However, Jesus had no physical offspring. His offspring are spiritually produced, not naturally. As this parable indicates, some things get in the way of growth. Discuss what these different types of soil look like in real life and in actual application — there are many possible and worthwhile answers.

WRAPPING UP

Luther was a big fan of the Three Estates (the three human authorities), which are (1) The Church, (2), The Family, and (3) The State. He taught that the family gives natural life, the Church gives spiritual life, and the State bears the sword to protect life. What is the common goal among these Three Estates? What should our goal be when interacting with our neighbors?

As you close in prayer, thank God for giving you life in your birth and in your second birth in Christ.

Prayer Requests



Session II: The Way of Life *God's Word is Life*

GETTING STARTED

After beginning with prayer, wrap up any loose ends from the first session. Feel free to share any insights you've had about how God makes and multiplies life.

Scripture often speaks of God's word as life-giving. In the creation, God spoke life into existence and He gives His word in the Scriptures. How does God's word protect life now?

READ Psalm 34:11-22

WATCH VIDEO **Abundant Life – Session No. 2** **(The Way of Life)**

DIG IN

With Psalm 34:11-22 in mind discuss the following:

- For all those who love life, to live many days and to see good, there is one solution: the fear of the Lord. In this Psalm, what does David say that looks like?
- If obedience leads to life and sin leads to death, what does that tell you about why the commandments were given? Did God give the commandments for His sake or for ours?
- David himself writes in other Psalms that there is no man perfectly righteous in God's sight, and that without God's forgiveness there is no hope (Psalm 130:3-4). Yet this Psalm speaks of the righteous and how we should treat them. Whom does God count as

righteous? How should we treat those whom God considers justified?

- This Psalm speaks of many blessings coming upon the righteous. How should we take this? Are the righteous rewarded in this life and the next, or only in the next?

Read Genesis 3:22-24 and Proverbs 3:13-18. The Tree of Life was given so Adam and Eve could live forever, but sin kept them from enjoying the Garden and the Tree of Life. But now, Proverbs 3 speaks of wisdom as a tree of life to all who find it. What does a life with God's wisdom look like compared to a life without it?

Read Proverbs 11:29-31 and then think about the good soil in the Parable of the Sower (which we heard last time). What does it mean to "capture/win souls" (Pro. 11:30) in the Christian context? In what way do the righteous bear fruit that brings life, even eternal life?

WRAPPING UP

Ever since the New Testament and the earliest days of the Church, Christians have spoken of Christ as Wisdom Incarnate. The very same wisdom of God who framed the worlds and gave life as God spoke at creation has now come to earth and put on flesh to die for us and to become for us a tree of life. That same Wisdom dwells within those who trust in Him and creates new growth for His people. Next week we will discuss Christ as the wisdom and word of God.

As you close in prayer, pray for those around you, that their hearts be good soil for the Word.

Prayer Requests



Session III: The Promise of Life

Children of God, Born of Faith

GETTING STARTED

Before beginning with prayer, first take a moment to think about the petitions of the Lord's Prayer. How do these petitions affirm God's plan for life?

In his account of the Gospel, John clearly and repeatedly tells us who the children of God are, which many unbelievers find greatly offensive. Who are the children of God? Why would this offend so many people?

READ John 1:1-18

WATCH VIDEO

**Abundant Life – Session No. 3
(The Promise of Life)**

DIG IN

With John 1:1-18 in mind discuss the following:

- John 1 teaches us about how the Word of God made all things and provides life to the world. In Greek, word and wisdom are the same term. Replace “word” with “wisdom” in this passage. Does this sound like what we discussed last week?
- John writes, “the darkness has not overcome” the light (v. 5, ESV). The same phrase can be translated, “the darkness has not understood it,” or more literally, “the darkness has not taken hold of it.” In your experience, how does darkness fail to overcome

the Light? How does darkness fail to understand the Light?

- John tells us who the children of God are and He tells us who the children of God are not. What does it mean to be born of blood, or of the will of the flesh, or of the will of man? But what does it mean to be born of God?
- If nobody has seen God but that God who is at the Father's side (the Son) – the one who is the Word who was with God and was God – then who can show us the Father? Who can't?

Read John 3:1-8. We heard already that the children of God are born of God, which is somewhat vague. In John 3, how does Jesus tell us this birth happens?

Read John 3:16-21. According to Jesus, who receives everlasting life? What characteristic sets them apart and makes them come to the Light? Who rejects the Light and the everlasting life found in Him?

WRAPPING UP

Read Galatians 3:23-29. St. Paul speaks of baptism and faith as making us children of God, sons and daughters of believing Abraham. That promise long ago to Abraham, that he would have many children, is fulfilled even in us. Christ is the descendant of Abraham and the Son of God. Through unity with Christ, we are grafted into Christ's family tree and all its blessings.

Close with prayer and the Lord's Prayer

Prayer Requests



Session IV: The Living Body *The Church's One Life in Christ*

GETTING STARTED

After greeting one another, begin with prayer. Be sure to thank your hosts and group leaders for their time and efforts throughout this study.

The Church is a community. The “comm” in “community” means *together*. “Unity” means *oneness*. Oneness together. Where do we see “oneness together” in nature, in human society, human biology, and even with God?

READ Ephesians 1:7-23

WATCH VIDEO

Abundant Life – Session No. 4 **(The Living Body)**

DIG IN

With Ephesians 1:7-23 in mind discuss the following:

- The word “fullness” appears eighteen times in the New Testament. Four of those are in Ephesians, and two are in this section. This word can also mean “filling” and it’s used primarily to describe the creation.
- Typically, this word describes the life within things, such as “the sea and all its fullness,” “the earth and all its fullness,” like when God commanded life to *fill* the earth, sea, etc. What do you think is meant by the *fullness* of time (v. 10)? What is meant by the *fullness* of Him who fills all things (v. 23)?
- “All things” are being united in Christ (v. 10), which is a profound mystery.

- The Church is called the body of Christ and even His fullness. If something happens to even the least of your bodily members, do you feel it? How then should we treat one another in the Church?

Read Ephesians 2:11-22. We were not always in this fellowship with God and His people. It is because of Christ's work that God has taken us who were many and made us one in Christ. The Church is Christ's body and God's temple, the place where God dwells. What does this mean for our relationship with the rest of the world?

Read Ephesians 3:14-19. The world has come from One, from God its maker, but now, the branches are being rejoined in God Incarnate, that they be filled with the fullness of God. What are some characteristics of God that Christians are being filled with?

WRAPPING UP

Read Ephesians 4:11-16. The entire goal of the Christian faith is Christian maturity, full manhood (v. 13). How is that defined here? What is God making us into?

As you close in prayer, pray for God to show you what it really means to be *one in Christ* in thought and deed.

Prayer Requests

