

RECAP

Last week you were encouraged to spend some time processing with God and trusted others: Where is God inviting you into engagement—to pursue deeper communion with Him and grow in Christ-like love?

- **Where do you notice opportunities for engagement this past week?**
- **How did God invite you into deeper communion with Him?**
- **Where did you see evidence of yourself growing in Christ-like love?**

IDEA 1

In Hebrews 5:11-14, the author gives his readers an intense call to spiritual growth. Many in the church being addressed found themselves stagnant and stuck.

Rob used this Scripture to invite us as a church to explore where we might be stuck or stagnant. Reflect on these questions as a group:

- **Have you ever found yourself stuck or stagnant in your discipleship journey?**
- **How would you describe that experience?**
- **What were some signs and indicators that made you feel stuck?**
- **What did you find helpful in getting unstuck?**

IDEA 2

In Matthew 8:14-15, we see Jesus breaking tradition by healing on the Sabbath. Peter's mother-in-law in response also breaks the Sabbath and quickly prepares a meal.

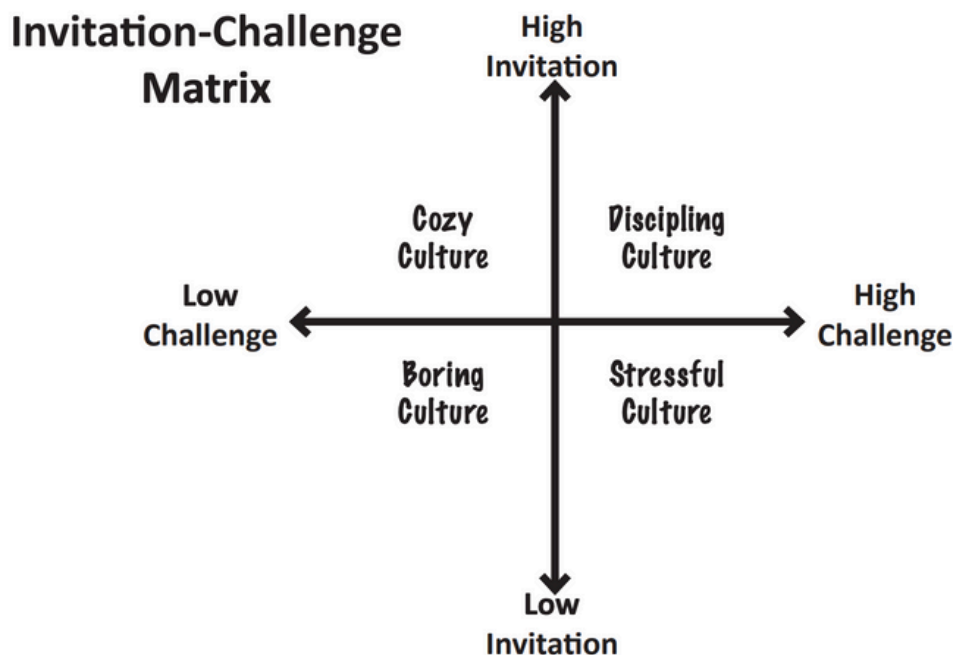
Through this story, Rob pointed out that sometimes we need to pause the ritual, spiritual discipline or tradition for a bit to experience freshness.

IDEA 2

As you consider the rituals, traditions and disciplines in your life:

- Which of these continue to serve you well?
- Which of these is Jesus inviting you to persevere through?
- Which of these have lost their meaning?
- Where do you find yourself just going through the motions?
- Where do you need to switch things up to break out of stagnancy?

In Matthew 14, we see Peter stepping out of the boat to walk on water like Jesus. In this we see an invitation and challenge from Jesus to do what he did. Saying yes to the invitations and challenges that Jesus has for us is one of the ways we can move from being stuck and stagnant.



- What quadrant would you place yourself in? And why?
- Think about your life circumstances at the moment - what could be invitations and/or challenges from Jesus right now?

EXPERIENCING GOD TOGETHER

Take some time to reflect on the rituals, traditions and disciplines in your Life Group:

- **Which of these continue to serve you well?**
- **Which of these is Jesus inviting you to persevere through?**
- **Which of these have lost their meaning?**
- **Where do you find yourself just going through the motions?**
- **Where do you need to switch things up to break out of stagnancy?**

Take a couple minutes to think and reflect on these questions individually and then invite members of the group to share their responses.

(Sometimes complete silence while reflecting in groups can feel awkward. You may like to play some instrumental music in the background as people prayerfully reflect)

PRACTICE FOR THIS WEEK

Meet with a Discipleship Coach to further process where you may be stuck or stagnant.

Scan the QR code to request a meeting with a Discipleship Coach or go to our website and search for Discipleship Pathway.

