

## SESSION 3

### DISCUSSION GUIDE

## ROOTED

### THE BIBLE

Luke 13:6–9; 1 Corinthians 10:12–13

### THE BIG IDEA

We grow sustainably by growing patiently.

**WHAT?** *What are we talking about?*

**NOW WHAT?** *What do we do about it?*

#### STORY

Choose something you love and are good at (like an activity, hobby, or skill). Talk about the first time you tried it, what's difficult about it, and how long it took you to master it.

#### QUESTIONS

- What is something you're great at? How long did it take you to become great at it?
- What's something great you would have missed out on if you had given up after an initial failure or two?

#### SAY . . .

We all love hearing inspiration stories about people who've put in time and effort to become great at something. But when it comes to our own growth, we're not always as patient with ourselves as we are with other people.

**SO WHAT?** *Why does it matter?*

#### VIDEO | Session 3

Play the video for this session.

#### DISCUSSION

- If you wanted to improve yourself, what are some areas where you might be able to see near-instant results? What are some areas that require patience?
- What is one area of your life where you're frustrated with your own progress?
- When we get frustrated with the progress of our spiritual growth, what do you think God wants us to know?
- Are there any spiritual habits or practices you used to enjoy that you haven't practiced in a while? Why do you think that is?
- Why do you think the spiritual habit of rest is so difficult for many of us? What would it look like for you to rest in a more intentional way?
- This week, how can we encourage you to grow more sustainably?

#### PRAYER

#### ACTIVITY | Spiritual Discipline Brainstorm

Together, make a list of spiritual disciplines you have tried in the past or are enjoying now. Talk about how those practices have impacted you. Then choose at least one to try again or for the first time.