

## CONVERSATION STARTERS JANUARY 7, 2018

*This is a guide to help start a conversation about this week's message. Feel free to pick, choose, re-order and adapt as you see fit. You know your group best and can facilitate their experience by modifying as necessary.*

### ICE-BREAKERS

1. Did anyone make an official new year's resolution? If so, what is it and how's it going? What structures have you put in place to help you stick with it? If you didn't make one, any specific reason why not? Have you made resolutions in the past? What's your overall feelings about new year's resolutions?
2. You may want to (re)watch the creative video we shared in the service called [It Is Me You Seek](#). You could do this before or after discussing the message and use it as an opportunity to unpack the thoughts, feelings and questions stirred by the video. Discuss how the things we seek or desire might be found in God.

### REVIEW

1. You may want to watch this week's message with your group as a refresher. Or, try picking a spot with 10-15 minutes to go to review the main application(s). Messages are found at [southridgechurch.ca/messages](http://southridgechurch.ca/messages).
2. Feel free to try one or two of these. What did you hear in this week's message? What ideas stood out? What did you agree with? Disagree with? What questions came to mind? How did it make you feel?

### REFLECT

1. When you hear the phrase "spiritual growth" what's the first thing that comes to mind? Word? Picture? Memory? What did you learn about spiritual growth in this week's message? How is it different from what you previously thought?
2. What makes spiritual growth different than other aspects of growth and development? What makes it more complicated? Is there anything that makes it easier?
3. Read [2 Peter 1:3-8](#). How have you experienced the "divine power" of Jesus in your life? Have there been seasons or experiences when this was more palpable? What about seasons when it feels absent?

### RESPOND

1. Read [1 Timothy 4:8](#). **Physical fitness has some value, but spiritual fitness is valuable in every way, making you fit both today and forever.** How might it help to commit this verse to memory? As a take home and daily reminder, download a phone or desktop wallpaper of this verse at [southridgechurch.ca/verse](http://southridgechurch.ca/verse).
2. What's one other spiritual exercise or activity you could commit to (at least in the short term) to help you grow spiritually in 2018? Going to church? Reading a Christian book or the Bible? Volunteering in some way? Asking a friend whether you can meet regularly to chat about faith?
3. Take time to pray as a group. In addition to sharing personal prayer requests, invite everyone to consider what's your one prayer for 2018? What do you hope for most that we could bring before God?

