

Healthy Habits: Do you want to be healthy?
Growth Group Questions
August 27, 2017

1. On a scale from 1 to 10 (1 never & 10 multiple times), how often do you recall or think about Sunday's message during the week and why?

2. Most, if not everyone, that's been connected to the church for almost any amount of time would agree that we all have ups and downs in our journey with Jesus. Take a moment to reflect on a particular season from your journey that you recall feeling close to God. What were some of the spiritual practices that you participated in during that season that were meaningful to you? Did any of those practices involve the weekly teaching you were receiving from church?

3. This week's message was all about committing to practices, being a part of a Growth Group in particular, that will help us to not just be followers of Jesus, but "growing" followers of Jesus. What are some specific differences that you feel there are between believers that are growing and those that aren't?

4. A point made in this week's message was, there's a significant difference between a person saying they want something and that person really/literally wanting that something. What is a situation that you can think of from your life that illustrates this idea?

5. The biblical text that will be preached about for the next several weeks is Acts 2:42-47. Read this text as a group and share what parts of the text stand out to you?

6. Acts 2:42a says that "All the believers devoted themselves to the apostles' teaching..." (NLT). Discuss the difference between attending church and being devoted to what's being taught.

7. What are some strategic actions we can take in order to be devoted to what we're being taught on a weekly basis?

8. One habit that we're hoping many of our people will commit to is being involved in a weekly Sermon-based Growth Group. For most folks, that's going to mean creating some time in their schedules. Not only time for the actual group gathering, but also some time to digest and think through what was taught on Sunday. How can you/we begin to plan now for this transition?