

Week 1 – Grind

Ice Breaker

The sermon highlights that "most of our growth takes place down in the pits and valleys of our life." Have you found this to be true in your own life? Share an experience when you grew closer to God during a challenging time.

Discussion Questions

1. Read Romans 5:3-4: "Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope." How have you seen growth or character development through the challenges you've faced?
2. Read Romans 8:28: "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." Can you think of a situation in your life where, looking back, you can see God's hand at work, even though it may not have been apparent at the time?
3. Read James 1:2-3: "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance." The sermon mentions, "Adversity in your life will either be a stepping stone or a tombstone, it will either make you better or bitter." How can we cultivate an attitude of trust and perseverance during challenging times, rather than becoming bitter?
4. Read 1 Peter 5:7: "Cast all your anxiety on him because he cares for you." The sermon asks, "What Current Adversity is happening in your life? Have you invited God into the Adversity?" Share with the group any current challenges you are facing, and discuss ways to involve God in the process.
5. Read 1 Corinthians 15:58: "Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain." The donkey story illustrates the importance of not giving up when faced with adversity. How can we encourage one another to "shake off the dirt and take a step up" during difficult times?

Key Takeaway or Action Item:

This week, identify one area of adversity or challenge in your life. Commit to inviting God into that situation through prayer, Scripture reading, or seeking godly counsel. Share your experience with the group next time you meet.