

House On The Rock Life Group Study outline

August: Growth against all odds

Week 1: Understanding growth

Introduction

Change is inevitable. We know that change is often the result of a complex set of events and activities that bring about a shift from one state to another. However, one of the simplest ways that we observe change is through growth. We see growth in both living and non-living things. In either case, when we see growth, we know that something has changed. For a non-living thing, the change may or may not be fundamental – for example when you add more sand to a pile of sand, it grows in size. But we do not confuse that sort of growth with what happens when a child grows in size. This type of growth is indicative that something transformational is happening. In the same way, our focus in this series is *living* growth. How does this type of growth translate to our spiritual lives?

Pilot text

[Jer 17:7-8](#) But blessed is the man who trusts in the LORD, whose confidence is in Him. 8He is like a tree planted by the waters that sends out its roots toward the stream. It does not fear when the heat comes, and its leaves are always green. It does not worry in a year of drought, nor does it cease to produce fruit.

- What does growth mean to you? [Open discussion]
- How do we measure growth? [Open discussion]
- Exploring the dynamics of growth
 - What are some areas in which God desires that we grow spiritually?
 - [1 Sam 2:26](#), [Luke 2:52](#), [1 Pet 3:18](#), [Gal 5:22-23](#)
 - What are some of the positive consequences of growth?
 - [Eph 4:22](#), [Col 3:8](#), [Isaiah 10:27](#), [Matt 13:32](#)
 - Can there be negative consequences of growth?
 - [Deut 32:15](#), [Ezek 17:3-10](#)
- Understanding what you now do about growth, what are some basic keys to healthy growth?
 - [Matt 4:4](#), [John 4:14](#), [1 Tim 4:8](#), [James 1:21](#)
- Take home actions
 - Considering the ways we have discussed in which to measure spiritual growth, take time this week to measure your own growth level. Are there areas where change is needed?

Note:

Please send any questions you have about this study directly to your Life Group coordinator, or submit online using the feedback form at <http://bit.ly/lifeclassfb>.