



# small groups

*Discussion Guide*



## Next Steps

Hebrews 10:19-22

## Ice Breaker

*(5 minutes)*

Part of Andy's lesson had to do with sailing. Have you ever been sailing? What did you like or dislike about that experience?

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## Lesson Review

*(40 minutes)*

### **Read Hebrews 10:19-22**

This passage describes Jesus as our high priest and also as the torn veil which used to separate worshippers from the Holy of Holies.

### **Read Lev. 16:1-17, Matt. 27:50-52**

### **Discuss**

- What parallels do you see between Jesus and the tabernacle system?

Andy gave three steps to Growing In Christ.

## **Eyes On the Prize**

He said the first step is to know what growth looks like – where you're headed.

**Read Acts 4:13, Ro. 8:29, Ro. 12:1-2, Php 3:7-14, Eph. 4:11-16, Is. 26:8**

### **Discuss**

- Based on these verses, what is the goal in our spiritual growth? Do they all point to the same goal?
- Andy used an example of people who dress for Yoga class but never actually practice Yoga. What are the "Yoga pants" we put on to pose as disciples?

## **Raise the Sail**

Here, Andy emphasized that spiritual growth is something that the Holy Spirit does in us, not something we do for ourselves. And yet our posture isn't completely passive. We have to "raise our sail" to catch the Spirit's movement. We are neither motorboats ("I've got the power") nor rafts (drifting aimlessly). We are sailboats cooperating with the power of the Holy Spirit.

Andy suggested three sources to catch the Spirit's movement: prayer, contemplation of the scriptures, and connection with other believers. And he suggested that these should be daily exercises.

### **Discuss**

- How are you lifting your sails these days?
- Is there anything your group can do to encourage you in this regard?

## **Run the Race**

**Read James 1:2-4**

Andy said the final key to growth is to let circumstances become opportunities rather than obstacles, things for which to be thankful rather than resentful. Andy said we do that as we experience life through the grid of the three virtues of 1 Cor. 13 – faith, hope and love.

Faith: The calming conviction that our sovereign God always keeps his promises

Hope: The holy optimism that our good God will someday set all wrong things right

Love: The sacrificial regard that our gracious God sheds abroad in his children's hearts

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## Application

*(15 minutes)*

Andy held up his mother as an example of a mature believer. Though stuck in a hospital with failing mind and body, she has been returning to the simple and powerful truths she has known for 70 years.

*Amazing grace, how sweet the sound that saved a wretch like me. Amazing pity, grace unbound, and love beyond degree.*

*Jesus loves me, this I know. For the Bible tells me so. Little ones to Him belong. They are weak but He is strong. Yes, Jesus loves me. Yes, Jesus loves me. Yes, Jesus loves me, the Bible tells me so.*

### Discuss

- What trials are you facing now that could be opportunities to grow?
- What simple truths do those trials tempt you to forget?

