

Grounded Faith

Accountability

- **Last week's accountability prompt:** When you notice yourself looking to something other than Christ for your identity, satisfaction, or security, pause and ask: "What am I looking for here that I need to find in Christ?" Then remind yourself of one truth about who you are because of Jesus. **Where did you notice this happening, and what difference did it make to intentionally bring that part of your life back to Christ?**

Icebreaker Question

What's something you believed with absolute confidence as a kid that you discovered wasn't true?

Read Ephesians 4:14 Together and Discuss

- Read Ephesians 4:11–14. Paul describes spiritual immaturity as being "tossed to and fro by the waves." What does this imagery teach us about the importance of being grounded in our faith? How does spiritual maturity help us navigate life's challenges?
- What tends to shake your faith or unsettle you? Consider circumstances like uncertainty about the future, personal hardships, cultural pressures, or conflicting opinions. How can being grounded in Christ change the way you respond?
- Read Psalm 1:1–3. The psalmist compares a person who delights in God's Word to a tree planted by streams of water. What stands out to you about this imagery? How does it contrast with Paul's description of being tossed by the waves?
- Psalm 1 describes someone who delights in and meditates on God's Word day and night. How do you allow the larger story of Scripture to shape how you understand God, yourself, and the world around us? What practices have helped you grow in this area?

Application Challenge

Getting practical: Start every day this week by reciting Psalm 1 outloud. Then take a couple minutes to meditate on those words.

Encourage Each Other Through Prayer

Pray that God would deepen your roots in his Word, strengthen your faith through life's uncertainties, and use your group to help one another grow into maturity in Christ.