



Discussion Questions for the week of September 19

BIG IDEA: In order to mature, you cannot stay the same. Neither can we stay stagnant in our faith. We must move forward. But we can't do it on our own. The only way to grow spiritually is by focusing and concentrating on God, not on growth itself. Because of God, you can move forward.

In order to grow spiritually, we must stop keeping our problems secret and move forward in honesty. We must confess our needs, admit that we are powerless to meet them on our own, and trust that we matter to God who is able to bring healing and health.

ICE BREAKER:

If you could spend one week of your life as a character with a "double-life" (Batman, Spiderman, Superman, KC Undercover, etc.) who would you choose and why?

DISCUSSION:

1. In pop-culture today, it's super cool to live with secrets. Think about Twilight, Batman, Spiderman, Superman, etc. When it comes to reality, what's different about the secrets we keep?

Reality: We don't keep our powers secret, we keep our problems secret. Life is no fun if you're living with secrets

2. Look up and read Luke 13:10-13. What are some things that stand out about the woman in the story? (If you were at WAKE Sunday, do you remember the 3 things?)

A) She had a problem. B) She was powerless to fix herself. C) She mattered to God.

3. Imagine if the woman in the story had tried to hide, control, ignore, or deny her crippled condition. What would her life be like? What would other people think about her if she pretended like nothing was wrong?

4. At Wake we were told that we are all like the woman in this story. We all have problems, we're all powerless to fix ourselves, and we all matter to God. Do you agree or disagree with all of that? Why?

5. When you are dealing with a *personal* problem (not a math problem), what do you usually do: (Which one do you do most?)

- A. Hide it
- B. Control it/Fix it yourself
- C. Ignore it
- D. Deny it
- E. Admit it and ask for help

6. How do you think God would have us deal with our problems and secrets?

Confess our needs, admit that we are powerless to meet them on our own, and trust that we matter to God who is able to bring healing and health.

7. Why is it difficult for people to confess their needs, admit that they are powerless, and trust that God really wants to help?

APPLICATION:

(Leaders- do NOT pressure kids to share secrets in group setting or confess here and now. Consider passing out note cards and letting them reflect. Maybe make time at end of group to let kids spread out in the host home back yard/front yard and spend time alone each of them journaling or writing on notecard. Make it optional to turn in. Remember what Harrison said last week in REM Cycle. Do NOT make this forced confession or just an emotive/pot-stirring night.)

Growth and FORWARD momentum/ maturity come when we're honest. When we allow others to either come be with us in our grief, or help us carry the burden of past pain, or hear our confessions, or hold us accountable- that is when we take a step forward.

Read 1 John 1:6-10

8. You don't have to say this out loud or tell us specifically, but there is likely a next step for everyone. Take a note card and write down if there is a feeling, act, thought, harm done to you, something you are trying to hide, control, ignore, or deny. Are you being hindered? Can just writing on the notecard be a step of honesty, does someone need to see the notecard to hold you accountable or help set you free?

ROOTS

Rooted in Scripture

One of the most valuable spiritual disciplines in the life of a healthy Christian is the regular reading of the Bible. We want to help you consistently spend time with God in His Word. One of the greatest problems in our country, especially in the Church, is Biblical illiteracy – people don't know the Bible. May that not be true of us! May we be rooted in God's Word and ready to give an account for the hope that we have!

For your personal Bible study, you need:

- PLAN:** You may have a desire, but unless you have a plan you will go nowhere. Choose a book of the Bible you want to read (a great place to start is a New Testament book such as John, James, or Philippians). Pick a book and read it all the way through over a few days or weeks. Don't skip around or open to a random verse. If you stick with it, you'll be amazed at what God shows you of Himself and how He loves you. Ask your mom or dad or your leader, and develop a PLAN for being Rooted in Scripture.
- PLACE:** Choose a place free from things that distract you. If possible, read in the same place each time (room, backyard, kitchen table, front porch - wherever you feel you can get alone with the Lord and focus).
- PRIORITY:** Choose a time that works for your schedule, and stick to it! Could be in the morning before school, before you go to bed, right when you get home. Be realistic and have someone hold you accountable.
- PROCESS:** Start your time by praying that God opens your eyes so you can see wonderful things in His law (Psalm 119:18). Read. Underline. Circle. Journal. Write questions. Engage with the passage and let the Lord encourage you and transform you by the renewing of your mind.

Follow Up Questions:

1. What is your plan?
2. Share with the rest of the group something you learned or encouraged you as you read your Bible last week?
3. How will you continue or begin this week?