

GROWTH GUIDE

SUNDAY, OCTOBER 19

Share: Get Talking

- What's something (a skill, hobby, or habit) that you've grown in over time? What helped you grow?

Study: Go Deeper

Read Hebrews 5:11-14, what insights or principles stood out to you as you studied the passage and heard it preached this week?

Wise Up: Apply God's Word to Your Life! (vv.11)

- What is the writer referring to when he says, "About this we have much to say"? (Look back at Hebrews 5:1-10.)
- What do you think it means to be "dull of hearing"? What are some signs that someone might be spiritually dull or stagnant?
- In what ways do you feel you've grown spiritually in the past year—and where do you sense God calling you into deeper maturity?

Step Up: Take Responsibility for Your Spiritual Maturity!

- What does V12 tell us about God's expectation for our spiritual growth over time? How might that challenge you in how you approach learning or sharing God's Word?
- Who in your life could benefit from you sharing what you're learning in God's Word? What's one small way you can help someone else grow?

Grow Up: Move Beyond The Basics! (v12b-13)

- In your own words, what's the difference between "milk" and "solid food" spiritually speaking?
- What are examples of "milk" teachings versus "solid food" truths in the Christian life?
- How can our growth group help one another move from milk to solid food—encouraging deeper faith and obedience?

Keep Up: Exercise Your Faith Daily! (vv.14)

- Verse 14 says maturity comes from "constant practice." What kinds of spiritual practices train us to discern good from evil?
- What would it look like this week to intentionally "train" your spiritual discernment?(Think about choices, habits, or how you respond to God's Word.)
- What role does perseverance play in spiritual maturity throughout the book of Hebrews?

Support: Grow Together

- How did you feed your soul, feed your flesh, and feed others Spiritually this week?
- What thoughts, circumstances, relationships filled your head-space the most this week?
- What is one action step you can take this week in light of the sermon/discussion?
- What verse from this chapter can you memorize this week?