

GROWTH GUIDE

SUNDAY, FEBRUARY 27

Share: Get Talking

- What was the highlight/ low point of the last week for you?
- What's something you're most looking forward to doing outside again?
- If spring came tomorrow, what's the first thing you'd do?

Study: Go Deeper

Read Hebrews 12:12-17. Then Pray!

Ask: What word, phrase, or idea stood out to you this time? Why?

1. Rejecting the Lord's Discipline Leads to Discouragement (v.12)

- What physical imagery does the author use?
- How does this connect to the previous section on God's loving discipline (vv.5-11)?
- What does discouragement look like spiritually?
- What circumstances currently tempt you toward spiritual fatigue?

2. Discouragement Leads to Disengagement (v.13)

- What are subtle signs you're beginning to disengage (in worship, prayer, serving, community)?
- How does isolation accelerate spiritual decline?
- What practical step will help you reengage (group, confession, serving, accountability)?

3. Disengagement Leads to Resentment (vv.14-15b)

- How does bitterness begin?
- Why is bitterness described as a “root”?
- Is there anyone you are resentful toward?
- What would pursuing peace look like in that relationship?

4. Resentment Leads to Defilement (vv.15c-16)

- How does bitterness spread to others?
- Why is Esau used as an example?
- How have you seen unresolved resentment affect others?
- Who needs to know your struggles before they grow?

5. Defilement Leads to Disqualification (v.17)

- What was Esau’s real loss?
- What is the difference between regret and repentance?
- What does godly sorrow look like versus worldly regret?
- Why is community essential in stopping the downward spiral?

Support: Grow Together

- Where are you currently discouraged?
- Is there anyone (God included) toward whom you feel irritation, frustration, or resentment?
- Where are you most vulnerable to making short-term decisions that satisfy a current craving but weaken long-term faithfulness?