

SMALL GROUP GUIDE WEEK ONE

RUN TO WIN

1 Corinthians 9:24



The Big Idea

In this week's message, we will discuss the importance of having a strong foundation in our faith and how to nurture our relationship with God. We'll look at ways to grow spiritually, including through prayer, reading the Bible, and being part of a strong church community.



Things to Remember

"While we all know Spiritual Health is the most important thing in our lives, we often act as though it isn't."

"The longer we follow Christ, the more we have to be intentional about our spiritual health."



Next Steps

- This week, we want to encourage you to set some spiritual goals for yourself. Create a list of 2-3 weekly goals. This could include waking up to read your Bible 20 minutes earlier, praying over someone who has been on your heart recently, anything you can think of to better your spiritual health. At the end of this series, you can look back and reflect on these goals and see how you have grown in this area of your life.

Key Verses

Luke 15:11-32



Discussion Questions

Read Luke 15:11-32 before going through the questions with your group

1. **Discuss** How do you relate to the prodigal son in this story? What aspects of his story resonate with you personally?
2. **Discuss** What stands out to you about the father's response to his sons in this story? What does his love and grace towards both of his sons reveal about God's character?
3. **Discuss** What do you think motivated the prodigal son to return to his father? What was the turning point for him?
4. **Discuss** How do you think the prodigal son's return might have changed his relationship with his older brother? What might have helped the older brother to forgive and embrace his younger brother?
5. **Discuss** How has God's grace and forgiveness impacted your own life? How has it challenged or transformed your attitudes and behaviors?



Closing Prayer

Dear God, As we close out this first week this new series and small group study, help us focus on and grow in spiritual health. Many times despite our best intentions, we struggle with maintaining a strong spiritual connection with you. We pray for the strength to resist the influence of the world and the temptation of sin, and the courage to turn back to you when we have drifted away. We pray for wisdom and guidance to stay spiritually strong. In Jesus' name we pray. Amen

