

Stuck: Get Back In the Game
The (Un)Comfort Zone
September 10, 2023

Notes

Questions for Personal Reflection and Group Discussion

1. Read 2 Peter 1:5-11.

Spiritual growth doesn't happen by accident. It requires intentionality. Write down all of the action words or phrases that you find in this passage.

What qualities or characteristics does Peter tell us we should be adding to our faith?

2. Read James 2:14.

If we are to be growing and doing good works as a result of our faith, not **for** our faith, who might the "anyone" or "him" that James is referring to at the end of this verse be?

Pastor Chris identified several 'uns' that can cause us to get stuck.

- Unrealistic Expectations
- Unresolved Baggage
- Unconfessed Sin
- Unmanaged Schedule
- Undisciplined Disciplines
- Unconnected to Community
- Unconcerned with Status Quo

What evidence do you see that one or more of these things might be an issue in your life that keeps you from growing?

What will you do about it?

4. Read John 13:34.

How would you describe the ways that Jesus has loved you?

What keeps you from loving others the same way?

5. Read Colossians 3:12-15.

These verses include another list of qualities that should mark the life of someone who is growing to be more like Jesus. What kind of 'clothes' should we as Christ-followers, be wearing?

Which piece of that wardrobe that Paul describes is the most difficult for you to wear? Why is that? Can you link it to one of the 'uns' listed above?

6. Read 1 Corinthians 9:24-27.

How does Paul say we are to run the race as followers of Jesus?

What kind of race are you running? Is there a hitch in your stride? Are you sitting on the sidelines? Struggling to clear a hurdle? What adjustments do you need to make in order to run to win?

Exploring Christ

- Investigating but undecided about the claims of Christianity.
- Struggling mostly with belief in Christ, not with belief in God.
- Attending but not involved in church.
- Possibly a long-time churchgoer.
- Asking questions and taking steps to find answers.

Growing in Christ

- Needs help taking personal responsibility for all facets of spiritual and emotional health and development.
- Faith begins to take root through significant testing with increasing confidence in and surrender to Jesus Christ.
- Exploring intimacy with Jesus through basic spiritual exercises, including, but not limited to: occasional Bible reading/reflection, prayer, corporate worship, occasional service.
- Beginning to understand and live out basic biblical theology.
- Developing the joy of giving, demonstrated in occasional offering and service.
- Beginning to understand the character of Jesus.
- Learning the importance of Christian community primarily through weekend church attendance.
- Learning to share their faith story with others, excited by occasional opportunities to serve those in need.

Close to Christ

- Learning to take personal responsibility for all facets of spiritual and emotional health and development.
- Responding in faith through significant testing with increasing confidence in and surrender to Jesus Christ.
- Developing intimacy with Jesus through an increasing variety of spiritual exercises, including, but not limited to: regular Bible reading/reflection, prayer, occasional Bible study, corporate & personal worship, active church membership, consistent service.
- Understands, can explain, and live out basic biblical theology while exploring advanced biblical theology.
- Developing an understanding of stewardship, demonstrated in consistent tithing and service.
- Learning to model the character of Jesus, beginning to demonstrate the Fruit of the Spirit.
- Beginning to understand and live in deeper authentic Christian community.
- Looking for opportunities to share their faith story, and actively seeking opportunities to serve those in need, in their community and around the world.

Christ-Centered

- Takes personal responsibility for all facets of spiritual and emotional health and development.
- Faith proven over time and thru significant testing with increasing confidence in and surrender to Jesus Christ.
- Actively pursuing intimacy with Jesus through spiritual exercises, including, but not limited to: daily Bible study/prayer, corporate & personal worship, active church membership, sacrificial service, solitude, fasting.
- Understands, can explain, defend, and live out biblical theology.
- Fully integrated understanding of stewardship, demonstrated in tithing and service.
- Motivated to serve in love, modeling the character of Jesus, consistently demonstrating the Fruit of the Spirit.
- Lives a grace-filled life marked by unity and accountability in authentic Christian community.
- Intentionally lives out the Great Commission in everyday relationships, as well as serving those in need, in their community and around the world.

Spiritual Beliefs & Attitudes

Church Activities

Personal Spiritual Practices

Spiritual Activities with Others

- **Salvation by Grace**
- **The Trinity**
- Personal God
- Christ is First
- Authority of the Bible

- **Serve the Church**
- Weekend Services
- Small Groups

- **Reflection on Scripture (rare to frequent)**
- Bible Reading (rare to frequent)
- **Prayer to Seek Guidance (occasional to frequent)**
- Prayer to Confess Sins

- Spiritual Friendships

- **Personal God**
- Salvation by Grace
- Authority of the Bible
- Christ is First
- Identity in Christ

- **Serve those in Need Through my Church**
- Serve the Church
- Small Groups
- Weekend Services
- Adult Education Classes Focused on Spiritual Topics

- **Reflection on Scripture (frequent)**
- **Prayer to Seek Guidance (frequent to daily)**
- Tithing
- Journaling (rarely)
- Solitude (frequent)
- Bible Reading (frequent)

- **Evangelism**
- Spiritual Friendships
- Serving Those in Need on my own
- Spiritual Mentors

- **Giving Away my Life**
- **Christ is First**
- **Identity in Christ**
- **Authority of the Bible**
- Stewardship

- **Serve those in Need Through my Church**
- Additional Teaching/Worship Service

- **Reflection on Scripture (frequent to daily)**
- Bible Reading (frequent)
- Tithing
- Journaling
- Solitude (frequent)
- Prayer to Confess Sins (daily)
- Prayer to Seek Guidance (daily)

- Evangelism
- Spiritual Mentors
- Serving Those in Need on my own