

# ANCHORS // Week 4

## Discussion Guide



### SERIES OVERVIEW

You never drift into healthy rhythms. In fact, our tendency is to drift away from spiritual growth, healthy relationships, and life-giving habits. God has given us tools to be more intentional in the areas of life that matter most, anchors we can set to keep us from drifting throughout life. In this series, we are going to take an honest look at where we are and set anchor in some areas that matter most to have a deeply rooted life in Christ.

### BIG IDEA

*We all experience loneliness and our appetite for acceptance can lead us into destructive territory because we can find ourselves living for likes but longing for belonging. What if it didn't have to be that way? Jesus invites us to anchor ourselves to a healthy, biblical community where we can be challenged, grow, and become the best versions of ourselves.*

### CONNECT

Begin with some light conversation or a fun *icebreaker question* to check in with everyone.

- Share one highlight from your life this past week.
- If you had the choice to vacation to the beach or to a winter cabin getaway, which would you choose? Why?

### DISCUSS

- What stood out to you most about the message from the weekend?
- Studies have shown the dangers of loneliness and isolation. Have you ever found yourself in a place where you were going through a difficult time and you had to bear the weight of it alone? If you feel comfortable, share with the group.
- Share about a time when the influence of others either lead you to a healthier place or lead you down a path that you didn't intend on going.

### READ MATTHEW 28:18-20

- How can I share my life experiences to build up the body of Christ within this community of believers?
- How can my relationship with Christ be strengthened by learning from the life experiences of others within this community of believers?

### READ HEBREWS 10:24-25

- How has participating in a group of believers motivated and encouraged you in your faith?
- How have you been able to reciprocate that for others?

### PRAY

God, we know that you didn't design us to do life alone and we're aware of the fact that when life gets tough we tend to isolate ourselves. Help us not to do that. Give us the strength to live authentically and lean into the healthy, biblical community you created us to be a part of.