

# ANCHORS // Week 1

## 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

Have you ever asked yourself, 'How did I get here?' If you want a life/faith that will not be shaken, you first need to take an honest inventory of where you find yourself.

### CONNECT

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

- What were some of the highlights of your holiday season?

### DISCUSS

- What stood out to you most about the message from the weekend?
- When we lose something, we ask, 'Where did I have that last?' We know our best shot at finding it is to retrace our steps.
  - Have you ever misplaced/lost something of (*relative*) significance (*i.e. keys, driver's license, money, a child, etc.*) at the most inconvenient time possible? What was it and if you feel comfortable, share what the consequences were.

### READ PSALM 139: 23-24

- In this passage we read words that King David penned. His prayer was dangerous, but he was praying that God would invade every facet of his life and expose the areas which were not honoring him.
  - Have you ever taken an ***honest inventory*** of **YOUR OWN LIFE** and pondered, 'How did I get here?' What prompted you to engage in the painstaking exercise of taking that inventory? What a change you made in your life as a result of that inventory?

### READ PHILIPPIANS 4:11-13

- Pastor Skyler said, "The more I think I **DESERVE**, the **LESS** I will be grateful for... You learn contentment by practicing gratitude."
- On a scale of 1-10, how often do you practice gratitude in your life?
  - If the number is lower than you'd like it to be, what is something you can start doing today to begin that habit?
  - If you rated yourself higher on the scale, share a tip about how you developed that habit.

### PRAY

This week, make it your prayer focus to take an honest inventory of where you're at, what areas God may be challenging you to grow, and what next steps you s