

ANCHORED // Week 3

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

Will you be anchored/rooted in Christ or shaped by culture? The choice is yours. Having an unshakeable faith requires intentionality.

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 could only eat at one restaurant for the rest of your life, where would it be and why?

DISCUSS

- What stood out to you most about the message from the weekend?
- Pastor Skyler talked about taking a “fearless inventory” of our lives. What does that mean? Why is it so hard for us to do this?
 - What circumstances/“life events” typically cause people to be thrown off course?
- This series is about allowing God to bring our motives into question, to heal our misplaced identity, to help live our life according to HIS PURPOSES not OUR PREFERENCES.” Our preferences take priority so quickly. How do we keep our focus on His purposes?

READ [JOHN 15:4-5](#)

- **WHEN WE STAY CONNECTED TO JESUS, TRANSFORMATION NATURALLY HAPPENS. But when we disconnect, we immediately start dying! We can't just try harder.** “When I stop being intentional in my faith, my faith stops growing!” Why is this so true?

5 Practices:

Pastor Skyler said there were 5 practices that help keep us ANCHORED. **Discuss & personalize** each of these practices that we can do this week:

1. **Slow down** – We can hurry right past our relationship with God
2. **Keep a Sabbath** – Sabbath means “Cease/Stop.” Work is Biblical, that is why REST is incredibly important
3. **Conversational Prayer** – Not one way communication – Talk to Him and allow space to allow Him to talk to yours.
4. **Read the Scriptures** – His love letter to us. Helps us to get to know God, His heart for us, and His purpose and plans for us. Read Psalm 119:105 and Matthew 4:4.
5. **Community over Isolation** – Staying connected to the Vine is Community Language. You are not the only branch connected to the Vine!

PRAY

God, I surrender my whole heart to you. I give you this day. Guide me, lead me, and go before me. Give me wisdom beyond my years and align my heart with yours.