

ANCHORS // Week 2

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

“You Do You,” and the pitfalls of living life according to your heart rather than the truth that God's plan and purpose for your life is a trustworthy anchor..

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 have any job in the world (*other than your current job*), what would it be?

DISCUSS

- What stood out to you most about the message from the weekend?
- Studies have shown that the reason most New Year's resolutions fail is because they are focused on external factors with no internal resolve.
 - Did anyone make any resolutions this year? What was it and have you kept it so far?
 - How do you think the findings in that study apply to our relationship with Jesus?

READ JEREMIAH 17:9

- How do you think this could relate to the idea of self-awareness and self-knowledge? As a result, how can it encourage us to rely on God for guidance and understanding of our own hearts?

READ GALATIANS 5:24-25

- what do you think it means to “crucify the flesh with its passions and desires?”
- In [Matthew 4:1-11](#), we read about how Jesus was tempted by Satan, but he did not give in because he was anchored to the spirit. In what ways can we learn from Jesus' methods of resisting Satan's temptations? What habits have you found to, as Galatians 5:25 says it, “keep in step with the spirit.”?

READ GALATIANS 5:22-23

- When we are chasing after God's purposes, Scripture says that it will be evident by the fruit it bears in our lives. Which fruit of the spirit do you feel comes easiest for you and which do you feel you struggle with the most?

PRAY

God, I can't do this on my own. Help me to realize that I can't navigate life on my own. Following my heart and my own desires isn't working. So, I am coming to you and surrendering my whole life to you.