



“ME, MY (TRUE) SELF, AND GOD”

Lesson 4: The Ingredients of Growth

CONNECT:

As we remember the 20 year anniversary of 9/11, share with your group where you were on 9/11/2001, when the World Trade Center was attacked. What emotions did you feel?

CONNECT:

Describe your favorite dish to cook. Share with your group the process of making this dish. What ingredients are important in making this dish special?

LEARN:

Read the passage below. What are some takeaways from this parable? Discuss your observations with your group.

Luke 13:6-9 NIV — 6 Then he told this parable: “A man had a fig tree growing in his vineyard, and he went to look for fruit on it but did not find any. 7 So he said to the man who took care of the vineyard, ‘For three years now I’ve been coming to look for fruit on this fig tree and haven’t found any. Cut it down! Why should it use up the soil?’ 8 “‘Sir,’ the man replied, ‘leave it alone for one more year, and I’ll dig around it and fertilize it. 9 If it bears fruit next year, fine! If not, then cut it down.’”

LEARN:

The parable in Luke 13:6-9 gives 3 ingredients that are critical for growth and healing.

They are:

1. Time - “The journey”
2. Truth - “Dig around”
3. Fertilize - “Grace”

Discuss the importance of each of these ingredients as it relates to spiritual growth and healing.

LEARN:

As we heard in Sunday’s message, grace can be defined by 2 words: “Unmerited Favor.”

1. “Unmerited” means - I can’t earn it, I can’t make it, I can’t produce this on my own. It doesn’t come from me.
2. “Favor” means - God gives us good things, the things we need that we don’t have.

Discuss with your group how this definition of grace is so crucial for living a fully alive life.

LIFE — IS
BETTER
TOGETHER



APPLY:

Take time this week and evaluate what ingredients you have working for you, and what ingredients are missing. Commit this week to finding ways to take a next step by using the ingredients of grace, truth, and time.

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**LIFE — IS
BETTER
TOGETHER**