



OBEDIENCE & RESPONSIBILITY

CONVERSATION #4: TAKING RESPONSIBILITY

ICEBREAKER: BUILD-A-WORKOUT

Your task to begin today's conversation is simple: design the worst workout plan possible – the kind that guarantees zero results.

Work together to make it as ineffective and ridiculous as you can. Put your mental muscles to work and create a list of the key components of a worthless workout.

- If someone followed that same plan spiritually, what kind of growth would they experience over time - if any?
- What's one habit or excuse from the fake workout plan that might actually be holding you back spiritually right now?



STUDY: CONTINUE TO WORK OUT

Most of us understand that the principles of growth don't change – whether it's your body or your faith. We know you don't get stronger by watching someone else lift, by exercising only when you feel motivated, or by quitting the moment it gets uncomfortable. We laugh at bad workout plans because we know better.

Growth demands showing up and taking ownership, consistently putting in the effort, and taking full responsibility. There are no shortcuts to the things that matter most in life.

But spiritually, we often forget what we already know. We wait to *feel* ready. We rely on others to push us, remind us, or carry the weight for us. We confuse being supported with being carried. And over time, growth slows - not because God isn't working, but because we haven't taken ownership of our part.

Today's conversation is about making a shift, beginning to take responsibility for your growth, and responding to what God is already doing in you. Because just like physical training, spiritual growth doesn't happen accidentally. It happens when you decide to show up.

READ PHILIPPIANS 2:12-13

- What stands out to you from this passage?

In this passage, Paul tells us to “work out” our salvation, which means taking responsibility for how our faith shows up in everyday life - our choices, habits, and obedience. At the same time, he reminds us that we’re not doing this on our own. God is already at work within us, giving us both the desire and the ability to grow. Spiritual growth isn’t passive, but it’s not self-powered either. We respond faithfully because God is already actively working in us.

- What makes taking responsibility for your spiritual growth uncomfortable?
- Where in your faith do you feel like you are taking full responsibility?
- How does Philippians 2:12-13 balance effort and grace?
- Where might you be relying on others too much to sustain you spiritually?

CONSIDER: MARTHA OR MARY MODE

To explore this idea further, we’re going to read a short story about two sisters who had the same opportunity - but responded very differently. As you read, notice the choices each sister makes and what those choices reveal about our responsibility for our own spiritual growth.

READ LUKE 10:38-42

This story isn’t about who was “good” or “bad.” It’s about who took responsibility for their attention. Keep this in mind: both sisters are close to Jesus. Both are in the same house. Both have access to Him. The difference isn’t love or effort - it’s choice. Martha is busy, distracted, and overwhelmed by everything that needs to be done. Mary intentionally stops, sits, and listens. One allows activity to determine her focus. The other chooses where her attention goes.

- Who in the story do you relate most to right now?
- What tends to pull your attention away from sitting with Jesus?
- Where might busyness be replacing responsibility in your faith?
- If Jesus were in the room with you this week, what would be hardest for you to stop doing?

CHALLENGE: MAKE ROOM

This week, identify one distraction that regularly pulls your attention away from being present with God - notifications, background noise, a packed schedule, or a habit that keeps you rushed or unfocused. Then make a simple but intentional choice to remove it or limit it during your time with God. Take responsibility for your faith – not by adding something new, but by choosing what not to give your attention to. When you take responsibility for your focus, you create space for God to meet you there.