



RESILIENCE

CONVERSATION #4: TRUSTING GOD'S TIMING

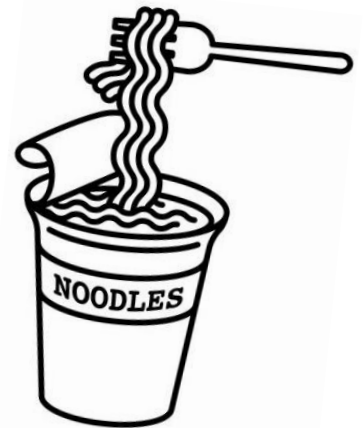
ICEBREAKER: INSTANT GRATIFICATION DRAFT

To begin today's conversation, we're going to do a quick mock draft as a group. To prepare for the draft, think of all the things you wish could become *instant* in your life - laundry, dishes, traffic, sleep, cooking... anything like that. In a moment, you will get to choose where you can find some instant gratification.

How it works:

- The person with the next birthday starts.
- You'll go in order, taking turns and rotating through your group.
- No duplicates (once someone picks it, it's off the board).
- We'll do four total rounds, so everyone will end with four "instant" picks.

Go quick, have fun, and be ready to defend your picks.



STUDY: GROWING SLOW

We live in an instant culture - where everything is one click, one swipe, and one-day shipping - so it's no surprise we get frustrated when God grows things in seasons instead of seconds. When growth feels slow, it has a way of turning our attention inward. We start watching for immediate results, and if we don't see them, the question that rises up fast is, "What am I getting out of this?"

That's a really normal place for a spiritual child to live - because we're still learning a whole new way to think. But spiritual maturity begins when that question shifts. Instead of only asking what we're receiving, we learn to ask, "What is God trying to do in me and through me?" Because the truth is this: slow growth doesn't mean no growth. It usually means deep growth, roots forming, character strengthening, and faith learning how to stand even when nothing feels impressive yet. With that in mind, let's ground this conversation in what speaks directly to the moment when you're tired, discouraged, and tempted to quit.




READ GALATIANS 6:7-10

- What words or phrases stood out to you most in this passage - *and why*?
- Here, Paul says we "reap what we sow." What do you think this means spiritually?
- What does "growing weary" look like for you in real life - emotionally, mentally, or spiritually?

- What do you think is usually underneath your weariness: disappointment, comparison, lack of control, or something else?
- What are you most tempted to “give up” on right now - and what’s the real reason underneath that weariness?

ACTIVITY: SEED → ROOT → FRUIT

Take a moment to complete the activity below. Under **Seed**, write one faithful action you’ve been practicing lately. Under **Root**, name what God might be growing beneath the surface (character, humility, endurance, self-control, trust). Under **Fruit**, write the outcome you’re hoping God produces over time (peace, consistency, freedom, maturity, healthier relationships). Then share what you wrote with your group.

SEED	ROOT	FRUIT
		

STUDY: THE PARABLE OF THE SOWER

To understand why growth can feel so slow - and why the same truth produces different results in different people - Jesus told a story about seeds, soil, and what happens beneath the surface long before any fruit shows up.

READ MATTHEW 13:1-23

- What stands out to you from this parable? What does it reveal about spiritual growth?
- Where have you mistaken “growth” in the past (emotion, hype, a good week), and how did you realize it wasn’t the same as deep lasting transformation?
- If God’s goal is depth, not speed, what might He be trying to build in you right now that shallow roots could never support?

CHALLENGE: PULLING WEEDS

Identify one “thorn” that’s been crowding your growth - scrolling, worry, comparison, overcommitment, or anything that consistently steals your attention and peace. For the next week, remove it or limit it on purpose, and every time you feel the urge to go back to it, replace that moment with one intentional step toward God: a short prayer, a few verses, a quiet pause, or a simple act of obedience.