



PURPOSE

CONVERSATION #4: DIRECTION OVER DRIFT

ICEBREAKER: THE "I'VE BEEN MEANING TO ..." LIST

Take a few minutes to write down a short list of things you've been meaning to do. These can be practical or personal - house projects you keep putting off, a hard conversation you know you need to have, organizing your office or schedule, starting a habit you've delayed, or taking a next step you haven't prioritized yet.

Don't overthink it; just write what comes to mind. After you finish your "I've been meaning to" list, share with your discipleship partner(s) what you've been meaning to do, and explain why that thing hasn't been done yet.



STUDY: THE DANGER OF DRIFT

Before we begin this conversation, it's important to name a reality we all share: most spiritual drift doesn't happen because we choose the wrong path - it happens because we stop choosing altogether. Drift is rarely loud or dramatic. It doesn't usually show up as rebellion or rejection of faith. More often, it looks like good intentions without follow-through, faith on autopilot, and days that slowly get filled by whatever feels most urgent in the moment. We don't wake up deciding to move away from God; we simply stop deciding how we will live with Him. And this is why Paul gave a warning for us to watch how we live closely.

READ EPHESIANS 5:15-17

- What words or phrases stand out to you in this passage? Why do you think Paul chose them?
- What does Paul assume will happen if someone is *not* careful about how they live?
- What does "making the most of every opportunity" suggest about time and responsibility?
- If someone looked at how you spend your time and energy, what direction would they assume you're heading?

Paul's warning in these verses assumes something important - if we aren't paying attention, life will choose our direction for us. We don't plan to drift; in our immaturity, we just let our faith remain dependent on reminders, motivation, or someone else setting the pace. Drift happens by default. Direction happens by decision - and today's conversation is about learning how to choose intentional direction instead of settling for spiritual autopilot.

ACTIVITY: DRIFT VS. DIRECTION

Take a few moments to look at the columns below. Circle or underline any of the patterns or expressions you currently see in your life. Then discuss with each other what you notice about the consequences of spiritual drift in your life.

DRIFT LOOKS LIKE	DIRECTION LOOKS LIKE
Waiting until I feel ready, motivated, or confident	Choosing obedience before feelings catch up
Consuming spiritual content without practicing it	Practicing one truth instead of collecting many ideas
Responding emotionally instead of thoughtfully	Setting simple, realistic rhythms I can actually keep
Intending to grow but never choosing when or how	Acting intentionally, even when it's uncomfortable
Relying on reminders instead of responsibility	Deciding ahead of time how I will respond
Avoiding discomfort by staying passive	Taking responsibility without being prompted
Saying "I know" instead of "I will"	Replacing excuses with small next steps
Letting urgency replace importance	Turning awareness into action
Measuring growth by how I feel, not how I live	Prioritizing what matters over what's loud
Letting my schedule, mood, or other people decide my rhythm	Measuring growth by consistency, not intensity

READ PROVERBS 4:25-27

- What does this verse reveal about the role of intentional focus in staying on the path God desires for your life?
- Where do you most often *react* instead of *choose*?
- What does "making the most of every opportunity" require from *you*, not your leaders?
- How does drifting show up subtly in spiritual life?

CHALLENGE: OVERRIDE YOUR DEFAULT

For this week's challenge, identify one habit, distraction, or routine that regularly pulls you into autopilot. Remove it or intentionally limit it for one week and replace it with a deliberate choice that aligns with where you want to grow spiritually. This challenge matters because drift thrives on defaults - direction only happens when we intentionally replace what pulls us off course with choices that move us forward.