



## FOUNDATIONS

## CONVERSATION 3: WHY GROWTH MATTERS

### ICEBREAKER: UNFINISHED BUSINESS

Think about something in your life that you started... but never actually finished. It could be: a hobby you got excited about, a book you only read halfway, a workout plan, a home project, or even a random idea you never followed through on.

- What was the unfinished project? And why didn't you finish it?
- What emotion best describes how you felt about not finishing? Why do you think you responded that way?

We all know what it's like to leave something unfinished. But here's the good news: God doesn't do that. He never leaves His projects half-built. And according to Scripture... you are His work.

### STUDY: "THE WHY" BEHIND "THE WHAT"

Spiritual growth matters because God made you for more than where you are right now. It's not about piling on rules or just chasing some "better version" of yourself. It's about stepping into the freedom, confidence, stability, joy, and purpose God created you to experience. Growth matters because it leads you into the life God intended - not a weighed-down life, but a richer, more meaningful one.

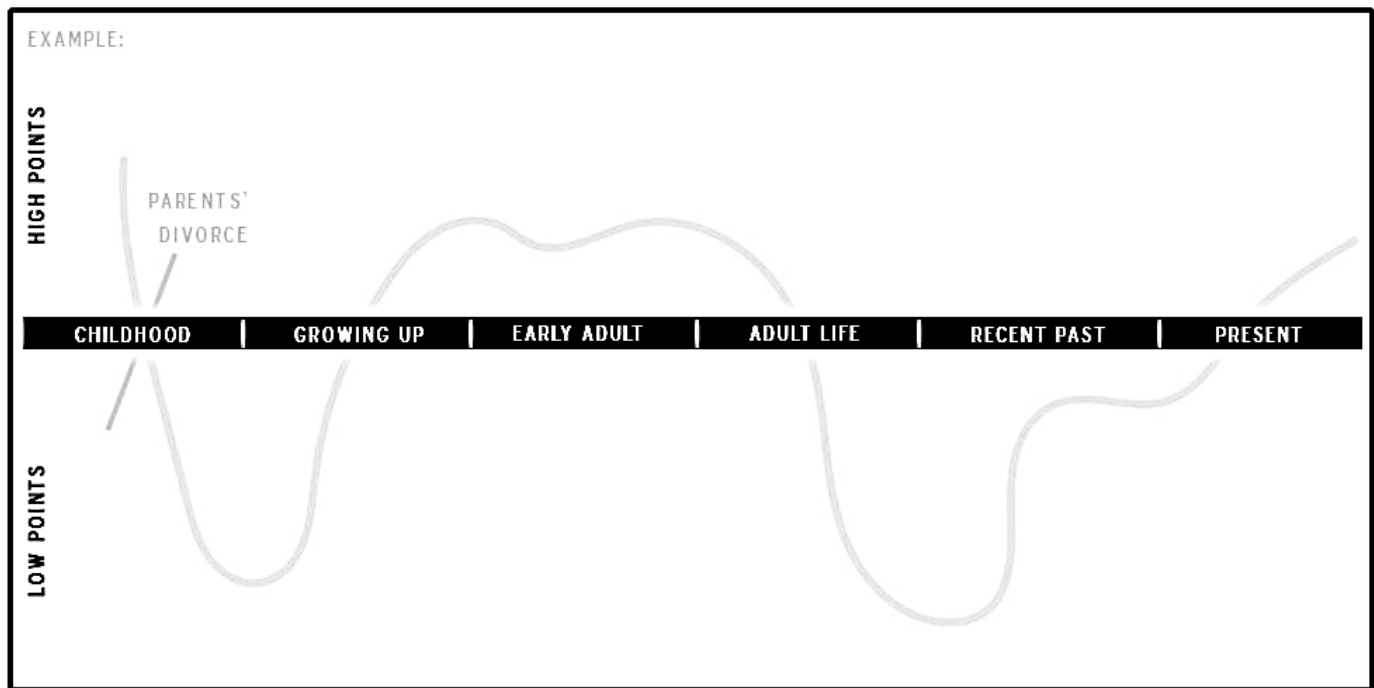
And here's the *why* behind the *what*: the goal of spiritual growth isn't perfection. It's partnership. Real growth is letting God continue the good work He already began in you - trusting Him enough to take the next step. You don't grow to earn God's love. You grow *because* you already belong to Him, and He isn't finished shaping who you're becoming.

### READ: PHILIPPIANS 1:6

- What phrase stands out to you most? Why?
- What does this verse tell you about God's role in your growth?
- Where do you feel like God has started something in you that's still unfinished?
- Does knowing God won't give up on you encourage you? Challenge you? Both?

## ACTIVITY: SHARE THE JOURNEY

Before we consider where God might be taking you, let's take a moment to look back at what He's already done. What are some ways you've seen God work in your life up to this point - big or small, obvious or quiet? Maybe it's a habit He's helped you break, a truth He's teaching you, a relationship He's healing, or simply a sense of hope that wasn't there before. Use the life timeline below to plot some of the memorable moments in your life when God has shown up and done a good work in you. When you're finished share your story with your discipleship partners before moving on to the discussion questions.



## DISCUSS:

- Where do you see moments on your timeline where God clearly began a “good work” in you?
- Looking back, where can you now see God’s presence in a moment that didn’t feel like it at the time?
- If Philippians 1:6 is true, what part of your life right now do you believe God is still completing or growing?

## CHALLENGE: PROGRESS, NOT PERFECTION

This week, choose **ONE** simple step to help you stay aware of the good work God is completing in you. Pick the option that fits where you are right now: **(1) Read Philippians 1 each day** and highlight one phrase that reminds you that God is still working. **(2) Choose a 7-day Bible reading plan** focused on spiritual growth and commit to finishing it. **(3) Memorize Philippians 1:6** so you can carry God’s promise with you all week. **(4) Start a 6-minute prayer rhythm:** 3 minutes thanking God for what He’s already started and then 3 minutes asking Him to grow what He began. **Your goal isn’t perfection - it’s participation.** Pick one step and let God meet you there.