



# THRIVE

SMALL GROUP SERIES



# SESSION 1: TRANSFORM YOUR NATURE USING JESUS AS YOUR EXAMPLE

## ICEBREAKER

How would you define the word “thrive”?

### REFERENCES

John 6:53

John 10:10

Galatians 5:22-23

Philippians 2:5

CNAC 8.2.20

## KNOWLEDGE & INTERPRETATION QUESTIONS

1. The THRIVE material was created to outline member expectations. What do you think about the Church having expectations for its members? Have you ever considered needing to fulfill certain expectations?
2. Why is Jesus our example in transforming our nature?
3. The video mentions that, “more than just studying actions and words, a disciple must know the mind of Christ.” What does it mean to know the mind of Christ? Is it possible to think like He does?

## BIBLICAL QUESTIONS

1. Read Philippians 2:1-8. What characteristics of Jesus are described here? What are some biblical examples of when Jesus demonstrated these characteristics?

2. The video mentions that the fruit of the Spirit are representative of the nature of Jesus that we desire to model. Read Galatians 5:22-23. Take a moment to discuss the meaning of each fruit of the Spirit, and determine what the *opposite* of each one could be. It might help to think of various scenarios and how we can react to each situation in the mind of Christ.

## APPLICATION QUESTIONS

1. As children of God who have received the gift of the Spirit, we have all we need to demonstrate the fruit of the Spirit in our lives, yet we make excuses as to why we can't love someone or why we aren't patient. As a Christian, is change necessary? What does it take to become who God has called you to be?
2. What are some first steps you can take in seeking forgiveness or reconciliation?
3. Describe what it means to you that because of Jesus, you can have an abundant life (John 10:10).
4. Why is THRIVE important? What does it mean to you personally to be a thriving Christian?

## PERSONAL TAKE-HOME

Make a list of some aspects of your nature that need transforming. What are some things you can start to do to help with this transformation process?

Start a list this week. Write the word "THRIVE" down on a piece of paper. After each small group session in this series, write down the one thing you will commit to doing.

## SESSION 2: HELP SPREAD THE GOSPEL

### ICEBREAKER

What are some topics you enjoy talking about with people, even people you don't know?

#### REFERENCES

Mark 16:15

John 3:16

Romans 1:16-17

1 Corinthians 15:1-4

2 Corinthians 2:15

CNAC Q&A #137

### KNOWLEDGE & INTERPRETATION QUESTIONS

1. How does the Great Commission connect to the mission statement of our Church?
2. Without looking back at the video/script, take a moment to have each participant write down both a longer definition for the gospel (3-4 sentences) and a summarized version (no more than 1 sentence). Once finished, compare and discuss.

### BIBLICAL QUESTIONS

1. Read 1 Corinthians 15:1-11. What is Paul's message about the gospel? What does he say about Jesus? What do you think gave him the conviction to speak of Christ so convincingly?

## APPLICATION QUESTIONS

1. A disciple of Christ is someone who daily decides to follow Jesus Christ and encourages others to do the same. How do you daily follow Christ?
2. How can you help spread the gospel, and why is it important to do so? What gets in the way of this?
3. What are some good spiritual disciplines to develop that will help you grow in your knowledge of God and give you confidence to share the message of Jesus?
4. Paul wrote that he wasn't *ashamed of the gospel of Christ*, and he proved that by how far he went to share God's message (Romans 1:16). How can we keep ourselves from being ashamed of the gospel so that we aren't silent when we are among those who need to hear about Jesus?
5. Make a list of the people to whom you would like to reflect God's presence and love. How can the message of Christ be proclaimed to them through your language, words, and actions this week?

## PERSONAL TAKE-HOME

This week, find a way to start encouraging someone in your family or friend circle to follow Christ.

## SESSION 3: RESPOND TO THE CALL TO SERVE

### ICEBREAKER

When someone asks you to do something (i.e. parent asking you to do a chore, co-worker asking for a task to be done), what is your instinctual response?

#### BIBLE REFERENCES

Ephesians 4:12-13

Matthew 25:34-36

1 Corinthians 12:4-7,  
12

#### NOTE

If you would like more information about the *Spiritual Gifts* small group series, visit [ndi.nac-usa.org](http://ndi.nac-usa.org) or email [wgwom@nac-usa.org](mailto:wgwom@nac-usa.org)

### KNOWLEDGE & INTERPRETATION QUESTIONS

1. Why are we called to serve?
2. What is the purpose of the spiritual gifts that are given to us by God? Reference Ephesians 4:12-13.
3. If Christ's call to serve changes our whole existence, in what ways should a disciple's life be different from those who have not heard or accepted the call?

### BIBLICAL QUESTIONS

1. Read the entirety of 1 Corinthians 12. What does this chapter tell you about the importance of diversity? What does it tell you about the body of Christ? What does it tell you about your own role within the body?

## APPLICATION QUESTIONS

1. Describe specific instances in which you were called to serve others. How did you first feel about it? How did you respond?
2. What are some ways that you can show appreciation for the spiritual gifts of others?
3. Diversity in the body of Christ is both beautiful and challenging. How can we allow diversity to enrich our serving, rather than becoming an obstacle?
4. Paul talks about “diversities of gifts.” Review this list of spiritual gifts and discuss what each one means:

<i>administration</i>	<i>evangelism</i>	<i>knowledge</i>
<i>apostleship</i>	<i>faith</i>	<i>leadership</i>
<i>craftsmanship</i>	<i>giving</i>	<i>mercy</i>
<i>creative</i>	<i>helps</i>	<i>shepherding</i>
<i>communication</i>	<i>hospitality</i>	<i>teaching</i>
<i>discernment</i>	<i>intercession</i>	<i>wisdom</i>
<i>encouragement</i>		

If you have gone through the *Spiritual Gifts* small group series, share your gifts with your group. If you haven't, which gift resonates with you? Which gifts have you seen displayed by members in your congregation?

5. The body of Christ is made up of all believing, baptized Christians. How might you better serve “the whole body”?

## PERSONAL TAKE-HOME

The next time you are in church or with other believers, take note of their actions and how they may be using their spiritual gifts. Affirm their gifts by thanking them, or writing them a note of appreciation. This could also provide inspiration for how you can utilize your own gifts.

## SESSION 4: INVEST IN YOUR SPIRITUAL HEALTH

### ICEBREAKER

What are some things you do to care for your physical health?

#### **BIBLE REFERENCES**

Genesis 1:26

Matthew 6:8

Mark 9:14-24

Ephesians 4:16

1 Timothy 4:8

### KNOWLEDGE & INTERPRETATION QUESTIONS

1. Why is it important to invest in your spiritual health?
2. How do we commit ourselves to God through the sacraments? How does He commit Himself to us?
3. How does attending divine services impact our spiritual health? How will you approach the divine service differently knowing that it is an investment in your spiritual health?
4. Considering Matthew 6:8, why is it still important that we pray to God?

### BIBLICAL QUESTIONS

1. Discuss together 2 Timothy 3:14-17. What do these verses teach us about the value of investing time in reading Scripture? How does Scripture help us to deepen our relationship with God?

## APPLICATION QUESTIONS

1. How do the spiritual disciplines help you connect with God?
2. What has the Holy Spirit revealed to you about God in your prayers?
3. Sometimes the thought of reading the Bible can be overwhelming. Given the importance of this when it comes to our spiritual health, discuss some unique and simple approaches that could be used so that reading Scripture feels less daunting.
4. What are some other ways to invest in your spiritual health beyond the three mentioned in this session?
5. Describe a time when you purposely invested in your relationship with God. What was the result? How can you make this a more regular part of your life? How can you encourage others to do the same?

## PERSONAL TAKE-HOME

Choose a spiritual discipline to engage with every day for the next two weeks (i.e. prayer, reading Scripture, solitude, etc.). After the two weeks, reflect on how that discipline has affected your relationship with God and also your daily life.

## SESSION 5: VALUE THE CHURCH

### ICEBREAKER

What is something that is valuable to you? How do you show that you value something?

#### **BIBLE REFERENCES**

Matthew 25:40

Mark 12:43-44

### KNOWLEDGE & INTERPRETATION QUESTIONS

1. The video mentions three ways we can value the Church: praying, engaging, and giving. Discuss specific ways you can practice these in your congregation.
2. How is giving of our time and resources connected to how we value the Church?
3. What does it mean to be a steward of what God has given us?

### BIBLICAL QUESTIONS

1. Read Mark 12:41-44. What does the widow teach us about giving?



## SESSION 6: EMBRACE THE PROMISE OF JESUS CHRIST'S RETURN

### ICEBREAKER

What are you looking forward to this year? Next year?

#### **BIBLE REFERENCES**

John 14:1-3

Acts 1:11

Philippians 3:8-14

Romans 11:29

### KNOWLEDGE & INTERPRETATION QUESTIONS

1. Why is it encouraging for us to remember the promise that Jesus Christ will return?
2. How does glorifying God today in all you do prepare you for your future life in God's kingdom?

### BIBLICAL QUESTIONS

1. Read Psalm 86:11-13. How does the psalmist express their praise of God? How can we glorify God?
2. Read Philippians 3:12-16, 20-21. What do these verses tell us about what we should be doing as we wait for Christ's return? How do these verses connect to our larger discussion about thriving as a Christian?

## APPLICATION QUESTIONS

1. The promise of Jesus Christ's return had a profound impact on His disciples and the Christians in the first church. How has the promise of Christ's return impacted your life? How does His promise affect the way you live each day?
2. There are many who not only don't embrace Christ's return, they don't believe it will happen. What would you say to someone who feels this way? Why can we be so sure that He will return?
3. What might prevent you from preparing for Christ's return?
4. The video mentions that we can already experience the kingdom of God today. Where and how have you experienced His kingdom in your life?
5. How have you been encouraged to thrive in your faith as we've gone through this series?

## PERSONAL TAKE-HOME

Make a THRIVE poster for your home. Be artistic if you would like, write out key words that help you remember what each letter stands for, include a Bible verse for each letter, or think of a song or hymn that applies.

Send a picture of your poster to **communications@nac-usa.org** to be entered into a drawing for a pizza party for your small group!