

“Christ In Us: Commendable Living”

Growth Group Guide

September 14, 2025

WELCOME *(Connecting with each other)*

The word commendable means: deserving of praise. When you think of someone that lived a life deserving of praise (i.e., commendable), what comes to mind? What did they accomplish? How did people feel about them? Discuss as a group how a Christian might view “praiseworthy living” verses a person who is not a Christian (someone still in Adam, who lives fleshly/worldly). Why is the IN Christ way better?

WORSHIP THROUGH PRAYER *(Connecting with God)*

Read the verses below. Celebrate that God has made us able to live in every commendable way in Christ. Great joy is ours in Him!

Psalm 92:1-2, 4-5, 12-15 (NIV)

It is good to praise the LORD and make music to your name, O Most High, proclaiming your love in the morning and your faithfulness at night...For you make me glad by your deeds, LORD; I sing for joy at what your hands have done. How great your works, LORD, how profound your thoughts!...The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the LORD, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green, proclaiming, “The LORD is upright; he is my Rock, and there is no wickedness in him.”

WORD *(Letting God speak to us)*

1. **Read Acts 17:4.** Notice what groups Luke records as making up this first church. What similarities and differences do you find between this and your church? What encourages you about what Luke records?
2. **Read 1 Thessalonians 3:6-8.** Have people you loved been mistreated or not liked? If they were Christians, what did you hope for them? Were they able to hold their ground in Christ?
3. Paul was encouraged that amidst all the challenges the Thessalonians were standing firm in Christ. Standing firm in v8 was meant to create the imagery of soldiers holding a line. The line isn’t some rule or standard, but our position in Christ. How does this change your approach to the difficulties life and people throw at us?
4. **Read 1 Thessalonians 5:12-13.** Leaders are over those they lead. Discuss the difference between equal footing and value in Christ and roles, gifting, and function in the church. In context of this discussion, why might we struggle so much with the issue of leadership?
5. What is the only possible way to have healthy leading and following in the church? What keeps this from happening and gives us numerous poor examples? In contrast, what characteristics describe a healthy and unhealthy local church?

6. Henry Blackaby says that spiritual leadership is moving people on to God’s agenda. Where have you had leaders in your life who led in this way? How did it benefit you?
7. In areas where we have the privilege to lead, why is it important to commit ourselves in Christ to lead like those leaders we’ve know who have moved us onto God’s agenda?
8. Think about people that have been an absolute joy for you to lead. What qualities made them so enjoyable? In the areas where we have the privilege of being led, why is it important to commit ourselves in Christ to follow like those who gave us joy?
9. **Read 1 Thessalonians 5:16-18.** What are some primary and secondary elements of the will of God that you find in these verses?
10. Paul encourages us to rejoice always, pray without ceasing, and give thanks in all circumstances. This is impossible on our own. What do we learn from how Jesus lived that can help us (hint: John 5:19).

WALK *(Living out God’s purposes)*

- ✓ **One Big Idea:** A person living in Christ is unwavering, honors leadership, and is consistently joyful, prayerful, and thankful. We are able in Christ to live commendable lives, whatever the circumstance. Does it make a difference knowing that you don’t have to have perfect circumstances to live steadfast in Him, to honor leaders, and be joyful, prayerful, and thankful? Following are three things you can focus on in this week. As you do, notice if you in fact experience more strength, stability, joy, etc. ... that is more of Him!
1) Talk regularly this week to God about any turmoil in you or your life. Practice having open communication with Him on anything and everything. Give it all to Him. 2) Daily take joy and delight in Him. 3) Throughout the day offer thanks that you are in Him.
- ✓ **One bonus exercise:** Talk to God this week about committing yourself in Christ to follow or lead like you discussed from Questions 6-8.

WORLD *(Embracing God’s heart for others)*

Did you know that Nepal, where our unnamed missionary works, has a population of 29,286,000, but 25,940,000 are unreached. A miniscule 1.4% adhere to Christianity and the progress of the spread of the gospel is just as low (Joshua Project/countries/NP, 9/10/25). How great a need for people there to know Jesus as Savior, Lord, and LIFE! And now, this week, Nepal is in the news. Protests, mostly by young people against corruption in the government, have resulted in the Prime Minister and other officials resigning. Lives have been lost and the situation is volatile. Our missionary and his family are safe but ask for prayers for peace and order to be restored. Also, our missionary is teaching in an area where curfews and travel restrictions are in place making getting home an unknown. Pray for God’s intervention to get home safely. Pray that this situation leads many desperate for the love of Jesus to find salvation and peace in Christ, and that God’s will advances in Nepal in every area of society.

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