

January 11, 2026



## What Does It Mean to Grow?



**OPEN:**  
(2 minutes)

1. Are you keeping up with your resolutions for the new year?

**DIG:**  
(20 minutes)  
Read **Ephesians 3:14-21**

2. What are some different types of growth?
  
  
  
  
3. What are some identifiable signs of growth?
  
  
  
  
4. Is all growth positive? Why or why not?

**REFLECT:**  
(20 minutes minimum)

5. What encourages complacency/stagnation?
  
  
  
  
6. Is comparing oneself to others a positive or accurate way to measure growth?
  
  
  
  
7. Why is spiritual growth necessary for the individual and for the church?