

THIS IS HOW WE DO IT

Small Group Guide – Week of October 5

This Is How We Do It: Relentlessly Pursue Next Steps

Date: Week of October 5, 2025

Focus Passage(s): Hebrews 5:11-14

Theme: Spiritual maturity means taking responsibility for our growth in Christ, moving beyond the basics, and continually pursuing next steps of transformation.

Suggested Schedule (60 minutes total)

Segment	Time	Description
Icebreaker	10 min	Build connection and open up the room
Intro/Recap	5 min	Read the key passages for the week
Group Discussion	25 min	Dive into Scripture and discuss real-life application
Deeper Dive Option	5–10 min	Optional deeper Bible study or individual challenge
Prayer & Requests	10–15 min	Close in prayer for growth + personal needs

Tips/Expectations

- Not everyone will feel like they know their “next step” yet—encourage reflection, not pressure.
- Model vulnerability by sharing one of your own growth areas.
- Guide the conversation, but let group members wrestle honestly with the questions.
- Remind the group: Growth is a process, not perfection.

1. Icebreaker

Time: 10 minutes

Prompt (choose one):

What’s one skill you’ve grown in over time that you’re proud of (learning to cook, driving, work, parenting, etc.)?

When you were a kid, what food did you *not* like that you’ve learned to enjoy as an adult?

Have you ever had a time where you thought you had “arrived” at something, only to realize there was still a lot more to learn?

2. Message Recap + Scripture Introduction

Time: 5 minutes

Prompt:

We are each responsible for our own spiritual growth. Spiritual growth should lead to changed behavior, not just more knowledge. No matter where we are, we all have a next step to take.

Read aloud:

Hebrews 5:12-14

Discussion Starter:

What do you think stops people from taking a next step? What do you think the author meant when he said we rely on others to “teach us again” about the basic things of God’s word?

3. Group Discussion

Time: 25 minutes

Barriers to Growth:

The message listed common reasons we avoid growth: busy, stuck, confused, afraid, hurt, coasting, or “I’m good.” Which of these resonates with you most? Why?

Example Answer: “I often feel too busy. Faith sometimes takes a backseat to work and family responsibilities.”

Spiritual Milk vs. Solid Food:

What do you think it means to move from “milk” to “solid food” in your faith?

Example Answer: “It means not just learning the basics but actually living them out and helping others grow.”

Responsibility for Growth:

The teaching challenged the idea of only relying on others to “feed” us spiritually. What are some practical ways we can take responsibility for our own growth?

Example Answer: “I can set aside 10 minutes each day for Bible reading and prayer, instead of waiting for Sundays to feed me.”

Spiritual Growth Leading to Change:

How have you seen growth in your life lead to changed behavior, priorities, or relationships?

Example Answer: “I used to hold grudges, but as I’ve grown in faith, I’ve become quicker to forgive.”

Identifying Next Steps:

Using the grid of *Start / Stop / Change*, what might God be calling you to do next? *Example*

Answer: “I need to start serving with my gifts instead of sitting on the sidelines.”

4. Deeper Dive (Optional Study or Personal Challenge)

Time: 5-10 minutes

Character Study: Peter

A character study looks at a person in the Bible—their story, choices, faith, and struggles—and asks what we can learn for our own lives. The action step is to read the scripture about that person and think about how to apply their example to your own life.

Peter's journey shows dramatic spiritual growth. In Luke 22, Peter denies even knowing Jesus out of fear and self-preservation. Yet, after the resurrection and the coming of the Holy Spirit at Pentecost, Peter stands before a large crowd in Acts 2 and boldly proclaims Jesus as Lord and Messiah, calling thousands to repentance and faith. His transformation from fearful denial to fearless preaching illustrates how God matures us when we take next steps and rely on His Spirit.

Read: Luke 22, Acts 2, 1 Peter 2:1-3

Additional Scriptures for Study:

Acts 9 - Paul's Transformation from persecuting Christians to becoming a leader in the early church

Philippians 3:12-14 - Pressing on toward the goal—never done growing

Resource Option (From GotQuestions.org):

Article: "What Is Spiritual Milk?" <https://www.gotquestions.org/spiritual-milk.html>

Next Steps Challenge

Take a moment of quiet reflection. Ask:

What is one next step God is inviting me to take right now? (Start, Stop, Change)

Invite group members to share (optional). Encourage them to write it down and pray about it this week.

"Spiritual growth doesn't happen by accident. God is the one who transforms us, but he invites us to show up and take part in the process. We're called to pursue him, to listen, to surrender, and to respond. And as we do, growth begins to take root. We don't just change what we believe, we start to change how we live."

5. Prayer Time

Time: 10-15 minutes

Leader Note: Transition the group toward spiritual reflection and vulnerability.

Prompts: Thank God that He never stops growing us. Ask for courage to take our next steps. Pray for maturity that leads to life change.

Open Prayer Requests:

Encourage the group to share any personal needs - spiritual, relational, or practical. Remind everyone of confidentiality and care.