

GROWTH GROUP DISCUSSION GUIDE

“Stay Sober” (1 Thessalonians 5:1-11)

SEMESTER UPDATES: All groups will be officially taking the winter break in the months of December and January. We will be picking things up again in February. Be sure to communicate with your co-leader about your plans for the Spring semester of Groups.

ANNOUNCEMENTS:

1. **Membership Class** next Sunday, November 15 from 1:00-3:30. Register online.
2. **Operation Christmas Child** shoeboxes are due back at the church on Sunday, November 22.

DISCUSSION:

1. Icebreaker: see the Leader Resource page (<https://www.churchatbergen.org/group-leader-resources>) and pick an icebreaker from the link called: “75 Icebreaker Questions for Small Groups.”
2. Was there anything that really stood out to you in this past week’s sermon? What was it? Why did that particular aspect impress itself upon you?
3. Read verses 1-4. How would your life in Jesus be different if the “Day of the Lord” was an escapable event whether someone lived in the light or the darkness?
4. Read verses 5-6. Paul compares the Christian walk to habits of life like sleep, sobriety and daytime life. In what ways are our habits a key way of looking at your growth or decline as a Christian?
5. Read verses 7-8. How might our responses to these verses change knowing that we are being called to sober mindedness as one *born* into this world spiritually drunk and asleep?
6. It was said in the sermon that Paul intentionally lists the armor that protects the heart *first* (breastplate) before the armor that protects the mind (helmet). The reason was that the heart is the spiritual organ that controls all the others, including the mind. What are the major differences of the heart leading the mind vs. the mind leading the heart?
7. Read verses 9-11. It was said in the sermon, “Our future destination determines our present concentration.” In what practical ways has the future hope in your life changed how you lived in the present?

Prayer: either hear the ways that each person in your group needs prayer, or pray specifically the main highlights of your conversation as a group. What were the things that pressed into the hearts of everyone that you could pray for?