

Growth Group Discussion Q's

January 25, 2026

Fun Discussion Starter: If you had an entire day to yourself, how would you spend it?

Message Review

We all make plans. Plans for our greater future like going to college, getting a job or planning for our eventual retirement. More often, our plans are more simple: to finish a project, what to have for dinner, or to hang out with friends this weekend.

What do we do when our plans for ourselves don't align with God's plans for us?

1. Be Kind, Re-align

- When our plans are disrupted, it is normal to be disappointed and frustrated. Be kind to yourself and allow these emotions to be felt. Next, the goal is to move toward alignment with reality so as not to feel stuck.
- Why would it be helpful to first acknowledge our disappointment or frustration when our plans are disrupted?
- How is this initial kindness helpful when we are trying to help others manage their disappointment or frustration?
- It is important for us to move toward reality and accept the situation as it is, rather than how you wanted it to be. Jeremiah 29:4-7 is a message from God to exiled Israel, that though God will eventually deliver them (in 70 years!) they should accept their current reality. As you read this passage, how does this "re-alignment" help them in their day-to-day experience?
- How are you at re-aligning your disrupted plans with reality?

2. Be Humble

- God's plan is greater than our plan. When we fixate on what "ought not to be" we can feel stuck in resentment. Remember that God has a plan that is good.
- Read the following passages and comment on how they describe God's plan and our good: Is 55:8-9; Rom 8:28.

3. Be Open

- We need to be flexible. If we posture ourselves toward God's will first while holding our own plans loosely, we have a great advantage in managing those occasions when our plans are thwarted.
- Read James 4:13-15
- Why is this posture helpful as we make our plans rather than try to employ this mindset after the disruption has already taken place?
- How do you do with flexibility in planning? Do you come by this naturally or is this particularly difficult for you?

4. Be Patient

- Obstacles are normal. Through these, God is developing necessary maturity of perseverance.
- Read Psalm 27:14; 130:5 and Isaiah 30:18
- How are these passages helpful to guide your mindset when you are navigating disappointment? Is there a particular verse or phrase that stands out as helpful right now?
- Read James 1:2-4
- Why is the development of perseverance so important to our mental, emotional and spiritual maturity?

5. Be Loyal

- Trust in God and his desire for our good. God loves us as his beloved children. He is parenting our hearts for our good. There is a greater plan that we don't always understand.
- Read Jeremiah 29:11
- Remember the context: God is communicating his heart to his people **while** they are in the midst of a long-term disruption of their preferred plans for themselves.
- How do you lean on God when you are enduring a hardship? Do you find it hard to trust Him during these times? Do you believe that He intends good for you?
- What are some ways, in your experience, that have been helpful to you to trust God under difficult circumstances?