



## Session One: Pick Up the Fork

### INTRODUCTION

No one strives to be shallow. But how do we grow deeper? The journey starts with a step that each of us can only take for ourselves.

### DISCUSSION QUESTIONS

1. Can you think of a time when it seemed you had stalled (relationally, professionally, or spiritually) and weren't sure what to do? Describe how you felt in that season.
2. Which of the below describes your current spiritual life? Explain your selection.
  - **Curious skeptic:** You're wondering about God and investigating for yourself what a relationship with Jesus is really like.
  - **Hungry novice:** You've recently started (or re-started) a relationship with Jesus and you want to grow, but you question what steps to take.
  - **Restless veteran:** You've been following Jesus for a while now, but at times your spiritual life can feel routine or it seems you've plateaued.
  - **Happy camper:** Your life is going well and, if you're honest, you're not sure you want to journey into deeper waters spiritually.
3. **Read Hebrews 5:11–13.** The writer knew that it's very possible (and probable at some point) for us to be immature spiritually and not realize it. It's easy to recognize that an 18-year-old drinking from a bottle is immature. Why do you think it's so hard for us to recognize spiritual immaturity in our own lives?
4. If we repeatedly fail to maintain our physical health, we and those around us will suffer. In what ways do you and those around you suffer when you settle for poor spiritual health?
5. What's currently holding you back from journeying deeper spiritually?
6. The shallows can be bottle-fed, but the depths have to be self-fed. What steps will you take this week to feed yourself? How can this group support you?

## Moving Forward

Feeding ourselves spiritually isn't intended to be another thing on our "to-do" lists. The reason we feed ourselves isn't just because of what we find there, but who we find there. It's a way we encounter more of Jesus. It's a step we take to lead ourselves into a growing relationship with Jesus that's marked by closeness. As a way to pick up your fork and feed yourself, we invite you to join our "21 Days of Deep" journey.