

# TALK IT OVER

January 25, 2026

**Review this week's message.**

**Key Scripture:** [John 15:4–5](#), [John 12:24](#), [Galatians 5:16](#), [2 Peter 1:3–8](#)

**Start talking. Get the conversation rolling.**

- What's something you've accidentally killed by trying to take care of it?
- Would you rather: Grow fast but messy or grow slow but steady? Why?

**Start sharing. Be open with your group.**

- What stood out to you the most from this week's message?
- The message said that *growth is a sign of life*. Where do you currently see signs of spiritual life or growth in yourself—even if they feel small?
- We talked about roots growing **down before anything grows up**. What does being "rooted in Christ" look like at this stage of your life?
- The pediatrician illustration reminded us that God isn't looking for comparison—He's looking for a curve. How has comparison affected your view of your own spiritual growth?
- The message mentioned that unhealthy growth can happen when alignment is off. What are some ways spiritual growth can become unhealthy or distorted?
- There's a difference between being a *believer* and being a *follower*. Where do you see that tension show up in modern Christianity—or even in your own life?

**Start praying. Be bold and pray with power.**

- Pray boldly and ask God to reveal areas of misplaced alignment, shallow roots, or needed surrender.

**Start doing. Commit to a step and live it out this week.**

- This week, choose one intentional way to stay rooted in Christ—whether that's a few quiet minutes with God, a Scripture you return to daily, or inviting someone to walk with you in community. Don't aim for dramatic change; aim for consistent alignment.