

# Groundetion in God's truth

# the concept

### Building Spiritual Resilience



### A Series for Believers to Start their Journey Strong

Over the course of 8 weeks, new believers will encounter essential truths and practices to empower them to ascend from the lies of the world to live the abundant life that God promises.

The goal of Grounded is to develop "spiritual resilience," the ability to thrive and grow closer to God in any situation. Spiritual resilience ensures believers keep moving forward despite seasons of stumbling and setbacks.

### The Contents

- 1 ACCEPT
  THE PRACTICE OF GRACE
- 2 LET GO
  THE PRACTICE OF FORGIVENESS

- 3 SEE THE OTHER
  THE PRACTICE OF LOVE
- 4 SEE THE GOOD
  THE PRACTICE OF JOY

- 5 LEAN ON GOD
  THE PRACTICE OF FAITH
- 6 EXPECT HEAVEN
  THE PRACTICE OF HOPE

- 7 FIND CHRIST
  THE PRACTICE OF WISDOM
- 8 FOLLOW JESUS
  THE PRACTICE OF JUSTICE



## The Weekly Breakdown

First, we uncover and examine the **Lie** that pulls us away from God.

Day 05 Finally, we see how we should Practice this Truth in real life.

Then, we spot how the Lie causes us trouble in the midst of daily life and becomes a **Block** that stops our growth.

Next, we look at the **Truth** that the Bible teaches about how God actually interacts with us. This Truth contradicts the Lie we hear from the world.

We then look out how the Truth of God's word adjusts our hears and changes what we value and produces a **Change of Heart**.





But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

ROMANS 5:8

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### Uncover the Lie.

On the first day of reading, we will identify a Lie that we receive from the world. We will see how this Lie pulls us away from intimacy from God, disconnects us from others and leaves us feeling alone.

### **Identify the Lie:**

I have to clean up my life to earn God's acceptance.

#### **Examine the Lie:**

Find the source of the Lie and why the world believes it.

#### Illustrate the Lie:

The Prodigal Son story shows us how this Lie keeps us from coming home to God.

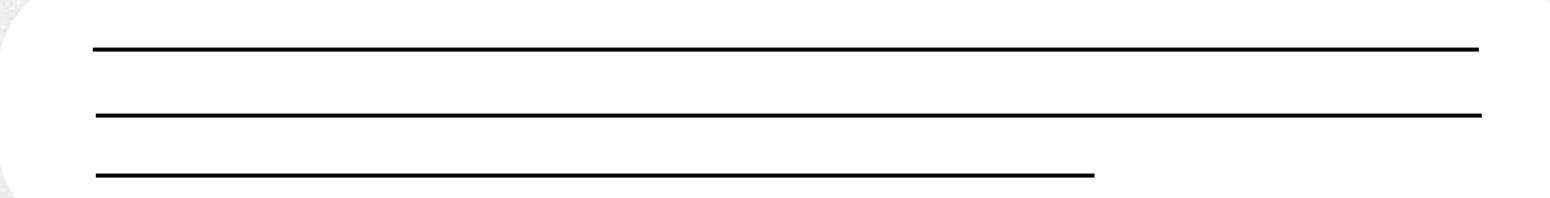


### Journal Prompts for Day One

What part of your "mess" do you find that God cannot accept - why?

How does the story of the Prodigal Son reveal the Lie?

What keeps you from accepting that God accepts you as you are?





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## Spot the Block

On the second day of reading, we will discover how the Lie actively affects our lives. The Lie becomes a Block that causes us to stumble and halts our growth.

If God does not accept us unconditionally, then we will not accept others. This forms within us a sense of shame, which causes us to view others with suspicion and jealousy.

The Older Brother in the Prodigal Son story illustrates how shame creates separation from others and isolates us.

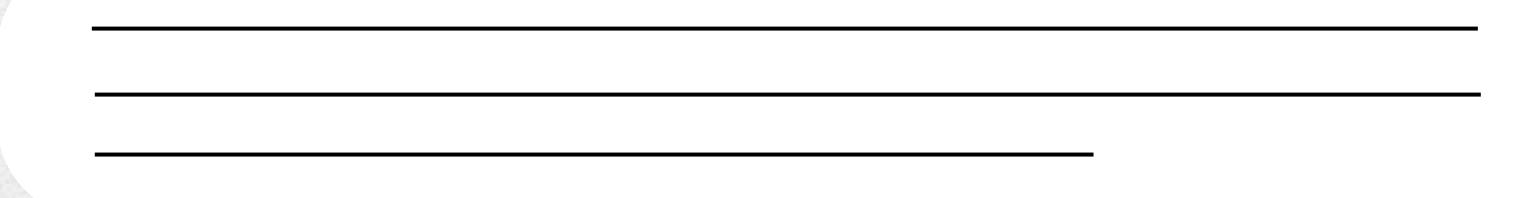


### Journal Prompts for Day Two

What part of someone else's "mess" do you find yourself unable to accept - why?

Why does the Older
Brother refuse to
accept his brother in
the Prodigal Son
story?

What happens when we view others with suspicion and jealousy?





# Day 3. Discovering the Truth

God sent His Son even while we were still sinners

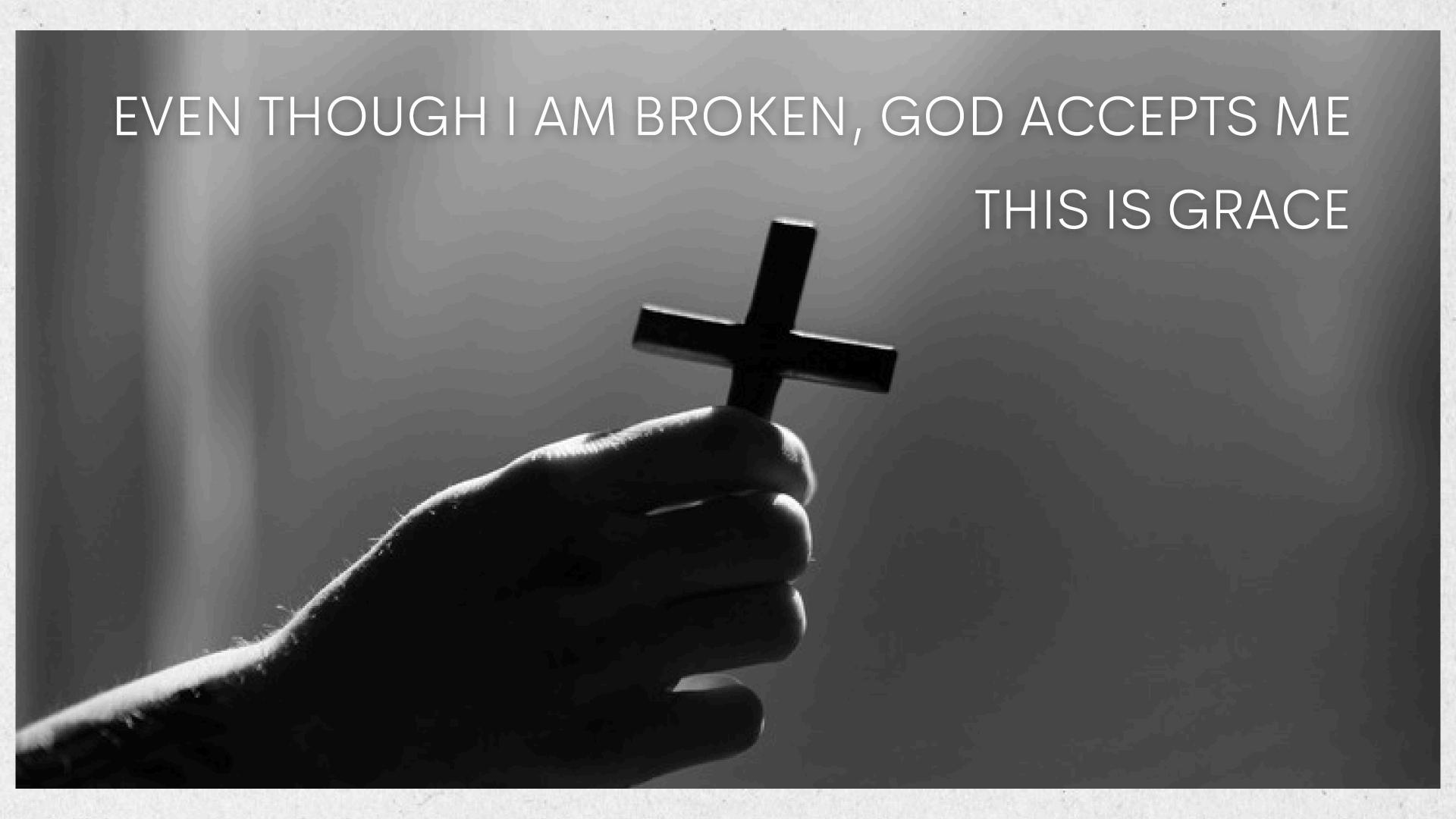
Romans 5:8

Jesus offers grace when we call on Him Romans 10:11-13

Therefore we accept others

**Romans 15:7** 





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## Change of Heart

On the fourth day of reading, we will see how the truth of Scripture brings a change in what we value and how we believe.

Not Achievement But Acceptance

Not Manufactured Goodness
But Manifested Grace

Not Gifts Received But Grace Offered

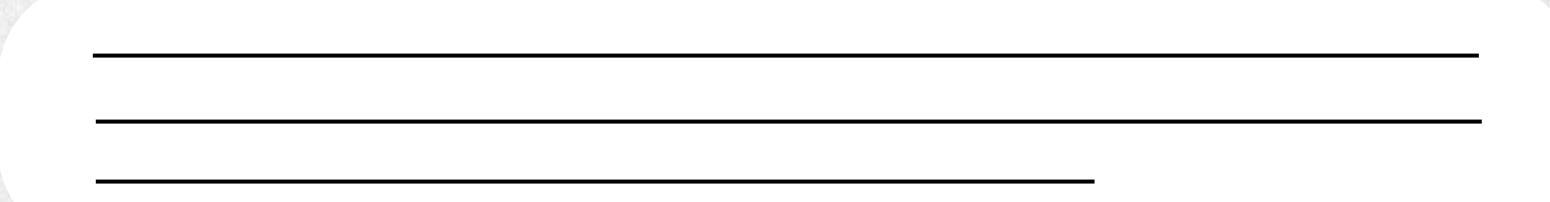


### Journal Prompts for Day Four

What happens when we no longer value people based on their achievements?

How do we allow
God to create
goodness in our
conduct?

What would change if we no longer looked at people based on what we can receive from them?





## Ephesians 2:8-10

For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.





### The Practice

On the fifth day of reading, we will look at how we can put the truths of God's word and our new change of heart into practice.

### **Scripture Reading:**

Learn about Paul's struggles with grace in 2 Corinthians 12:1–10.

### **Acceptance Meditation:**

Read through a guided prayer that teaches us about acceptance



# Scripture Reading

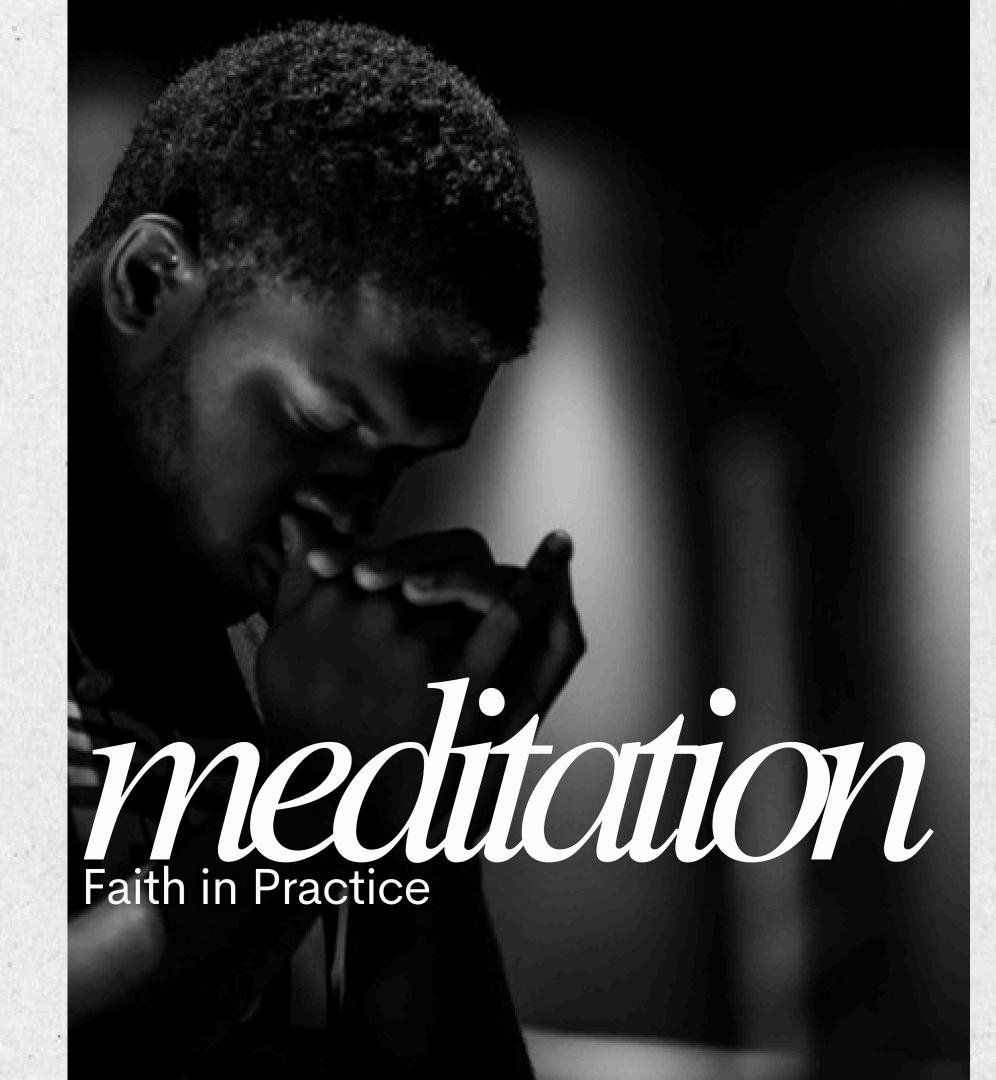
### Paul displays the power of acceptance

To keep me from becoming conceited because of these surpassingly great revelations, there was given me a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.



### **Acceptance Meditation**

- 1. Start in a moment of silence, listening to the Lord.
- 2. Offer one phrase to the Lord and listen to what He has to say in return: "Your grace is enough for me."
- 3. What do you have a hard time accepting? Envision handing it over to the Lord.
- 4. Imagine coming home to the Father, who throws a feast for you.



### Rundown on Week Two



The Lie in Question: God wants to punish me for my mistakes.

Day 05 We close with a Meditation in which we practice Forgiveness.

When we live trying to escape punishment and judgment, we inevitably hold onto wrongs that have been done to us.

We look at how God offers us Forgiveness and Mercy. God does not want to punish us. Instead, He wants to free us from our past.

Instead of valuing retribution and repaying others, we value finding spiritual freedom for ourselves and for the world.

#### Compass Christian Church

## The Lies / The Blocks (Day 1 & 2)

- I AM NOT GOOD ENOUGH / SHAME
- MISTAKES CAN NEVER BE FORGOTTEN / GUILT

- 3 I CAN DO FINE WITH GOD ON MY OWN / SELFISHNESS
- IF IT MAKES ME HAPPY, IT'S FROM GOD / GREED

- YOU WON'T BE GIVEN MORE THAN YOU CAN HANDLE / DOUBT
- GOD DOESN'T HAVE A PLAN FOR MY LIFE / DESPAIR

- GOD ONLY CARES ABOUT MY SALVATION / FOOLISHNESS
- 8 IT IS IMPOSSIBLE TO FOLLOW JESUS / INJUSTICE

