



Gains

Part 1 – Progressions

Discussion Guide

This year can be your best year! Gains is a series all about growing and making it stick. This week, we'll discover progressions. Progressions is how you break down the steps and learn what you need to do to accomplish a very difficult thing. Let's examine the foundational truth found in the Bible about growth; and discover how we can grow—intentionally—by working on one area at a time.

Jump Start

Leader: This section is designed to get discussions started, examine God's truth and apply it to our week.

1. What is one thing you tried to master, and did? What is one thing you tried to learn, but you were not able to accomplish?
2. Take time to **read [2 Peter 1:1-10](#)**.
 - a. Review the typical path of spiritual growth that Peter outlines in [verses 5-7](#). Now, examine yourself. Where do you think you are on this path to spiritual maturity? Share (if you are able) where you are succeeding and where you want to see improvement.
 - b. In [verses 3-4](#), God makes some promises. What are they and how do they help you achieve spiritual maturity?
 - c. In [verse 8](#), what benefit is spiritual growth to you?
 - d. In [verse 9](#), what is the result and the cause of not gaining these qualities?
 - e. Jump back up to the start of this chapter. Look at [verses 1-2](#). To whom is this letter addressed? Do you consider yourself part of that audience? Do you recognize and claim the blessing Peter pronounced on you?
3. There are some reasons for a “failure to develop”—some things that keep us from making a desired change: denial, procrastination, disobedience, blind spots. **Read [Proverbs 26:12-13](#)**. What reason for stagnation do you find in this passage? Can you pinpoint any of these obstacles in your own growth? Do you have a recurring excuse?
4. Final Thought: **Read [Isaiah 30:21](#), [1 Corinthians 10:13](#), and [Romans 8:9](#)**. What encouragements do you find? What warnings? What is God speaking to your heart this week?

Deeper

Leader: This section is designed for further use in your Life Group or for personal study. These can also be used as discussion points and ways to stay connected with your group throughout the week.

5. **Read the book of [Job, Chapters 1 and 2](#)**. Reflect on your life. Was there a time of trouble when you believe you were being tested by God?
6. **Focus on [Job 1:20-22 and Job 2:9-10](#)**. What was Job's response to the tragedies befalling him? When things begin to fall apart, what is your normal response? What characteristics of Peter's "maturity progression" would you say Job displayed?
7. **Read [Job 4:7-8, 8:20, and 11:14-15, 17](#)**. These are all quotes from Job's friends who came to sit with him in his troubles. Do you think Job's friends were correct? Accurate in their assessment? Helpful?
8. **Read [Job 33:1-3, 8-13, 34:10-15, 36:1-7, 16-19, 37:14-16, 23-24](#)**. Who are the friends that provide comfort to you during times of trials? How do they comfort you most? How do they support your spiritual maturity progression?
9. **Read [Job 30:25-31](#)**. In seasons of trials you can feel alone, and doubtful. What ways have you found to overcome them?
10. **Read [Job 42](#)**. What practical things does Job do as he hears from God? How can you discover God's love amid all the circumstances?