

# DISCUSSION GUIDE

*YOU HAVE TO EAT UP TO GROW UP*  
Stand-Alone Sermon

**ICEBREAKER:** If you could visit with any person in history, who would it be and why?

**OVERVIEW:** As a new Christian you start trying to grow and change. You start trying to be who God wants you to be instead of the person you used to be. But as you get started, you notice a problem. Growing is not easy. You find that you keep doing the things that you don't want to do; and you can't seem to make yourself do the things that you want to do. So how do you grow? Is it possible? This week we learned that growth is possible, but to grow up in Christ you must dig in the word. In this discussion we will discuss how to get more serious about personal Bible Study.

1. **Read 1 Peter 2:2.** What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. The sermon presented three facts about the Bible. The first is that Bible study should be your priority — we should desire it like a newborn infant desires milk. Is Bible study your priority? Explain.
3. What adjustments do you need to make for Bible study (learning the Bible) to become your priority?
4. The second fact about the Bible is that it is pure — it is true; you can trust it to improve your life, and not to lead you astray. Do you trust the Bible? Explain.

5. One of the essential beliefs of Church Acadiana is that the Bible is inspired by God, and since God cannot lie, then the Bible is truth without any mixture of error (the Bible is inerrant). How can believing or not believing this idea affect your life?
6. The third fact about the Bible is that it is powerful — to grow up in Christ you must dig in the word. How has the Bible helped you grow — either through Bible reading, Home Group Discussion, listening to sermons, or reading a book about the Bible?
7. How has the Bible helped you (pick one) relationally, emotionally, financially, professionally, physically, spiritually, or other?
8. What is your current plan for Bible study? (For example, daily Bible reading, or Sunday sermons and Home Group, or reading Christian books, etc.) Are you satisfied with this plan, or do you need to make some adjustments? Explain.

**The Last Word:** If you want all that God has for you, then you need to study all that God has written to you.