

**Growth Group Questions**  
*Rooted in Christ (Part 6): Mental Resiliency*

1. Share with the group something from the message that resonated with you and discuss.
  
2. Read Colossians 3:1-4. What does it look like for you in your daily life to set your heart and your mind on things above where Christ is, not on earthly things?
  
3. Read Colossians 3:5-11. What from this list of sins convicts you the most and why is it so hard to put them to death and rid them from your life?
  - a. Discuss practical ways to put them to death.
  
4. Read Colossians 3:12-14. Every time God tells us to get rid of something He then tells us to replace it with something positive. What from this list do you feel like you're lacking and want to ask God for? Take time to do that now.
  
5. Read Colossians 3:15-17. How is this passage describing worship as a lifestyle and not just an hour on Sundays?



# ***Car Conversations***

***Keep the conversation with your kids going using these questions based on the Faith Kids' lesson.***

1. Have you ever felt too little or too young to do something?
2. Complete this sentence: "If I were older, I would..."
3. Why did God tell Gideon to send so many soldiers home?
4. How was Gideon transformed into a great leader?
5. Can you think of a time God asked you to do something hard? Is he asking you to do something right now?
6. Read together Colossians 1:29, "I strenuously content with all the energy Christ so powerfully works in me." Talk about how Jesus gives you his power to do hard things.