

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's outline.

### Weekly Discussion Theme: Step Beyond Comfort

- **Leader shares:** Stepping out of your comfort zone is where real growth starts. When you face fear, uncertainty, or even those awkward and embarrassing moments, you begin to see just how strong and capable you really are. Trying something unfamiliar doesn't just open the door to new opportunities. It also challenges any hidden sense of entitlement. Sometimes we expect things to fall into place without putting in the real effort, and that mindset can keep us from pushing ourselves. But when we let go of that expectation and take action, everything starts to shift. We stop waiting and start creating momentum. This kind of conversation is for anyone feeling stuck, restless, or ready for something more. It's a chance to reflect, reset, and remind yourself that the power to grow and move forward has always been in your hands.

**Group shares:** What is a challenge you're facing right now, and could a sense of entitlement or expectation be keeping you from pushing yourself and seeing what you're really capable of?

- **Acknowledge:** THANK YOU for sharing!

**Verses: Galatians 6:4–5 (NIV)** - *"Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load."*

**Scriptural Application:** As we work to achieve our goals and push ourselves beyond our comfort zones, we're called to keep our focus on our own actions and take full responsibility for the path we're on. Each challenge becomes a new opportunity for growth, not a reason for frustration or discouragement when things don't happen in our timing. When we shift our mindset away from comparison or quiet expectations that things should be easier, we begin to build real strength. With effort, humility, and trust in God, we move forward with clarity and courage, knowing that the process itself is shaping us into who we're meant to become.

**Group shares:** Are there areas in your life where you can shift from seeking approval or expecting others to give you what you think you need, to focusing on your own growth and peace?

- **Acknowledge:** THANK YOU for sharing!

### **10 Ways to Focus on Your Growth and Find Peace**

- Set goals that align with what matters to you.
- Notice and appreciate what's going well each day.
- Reflect inward instead of comparing yourself to others.
- Check if your actions are for growth or approval.
- Celebrate small steps and quiet progress.

- Protect your peace by setting healthy boundaries.
- Pray before seeking others' opinions.
- Own your actions and your path forward.
- Sit with discomfort instead of avoiding it.
- Remind yourself that your worth is not defined by others.

**Group Shares:** Which of these stands out to you the most, and is there anything you would add?

**Acknowledge:** THANK YOU for sharing!

**Leader shares:** Growth doesn't always look like a big leap or a breakthrough moment. Sometimes it's found in the quiet decision to keep showing up and doing the inner work, especially when it means stepping out of your comfort zone. It is in choosing peace over frustration and taking full responsibility instead of falling into resentment. The more you stretch beyond what feels familiar, the more you discover that the process itself shapes you. You begin to build strength, wisdom, and confidence that come from facing challenges with courage and grace. And then it hits you. You were never behind. You were being prepared to carry something greater with clarity and purpose in God's perfect timing.

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** [imperfectpaths.com](http://imperfectpaths.com)

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