

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

Weekly Discussion Theme: Progression

- **Leader shares:** Intentionally reflecting on our progression allows us to see how God shows up in our lives in His perfect timing. His love for us is profound, and He desires our growth so that we can learn to love ourselves through His grace, with confidence and humility. When we seek His wisdom and trust in His timing, we begin to see the bigger picture.

Progression isn't just about moving forward; it's about evolving beyond old habits and thought patterns, and embracing new behaviors that lead to personal development and improved mental health. While trusting God's timing, we also rely on His strength and power to push us out of our comfort zone. Habit formation, whether in thoughts or actions, becomes part of the journey, as each new behavior brings us closer to the version of ourselves that God envisions—empowered, loving, and trusting in His perfect timing.

- **Group shares:** What is one old habit you feel called to let go of, and what new behavior do you want to embrace on your journey of progression?
- **Acknowledge:** THANK YOU for sharing!

Verse: Philippians 1:6 (NIV) - *“Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”*

How This Verse Can Relate to the Journey of Progression: This verse offers a powerful reminder that our journey of progression is guided by God's unwavering commitment to us. It reassures us that the good work He has started in our lives—our personal growth, healing, and transformation—will not be left unfinished. As we navigate challenges and embrace new behaviors, habits, and thought patterns, we can trust that God is actively involved in every step of our journey. This confidence in His faithfulness empowers us to move forward, knowing that our progression is part of His greater plan.

Group shares: What does this verse inspire you to reflect on regarding your own journey of progression?

Acknowledge: THANK YOU for sharing!

10 Questions to Help Incorporate Philippians 1:6 into Daily Life:

1. What good work do I believe God has started in my life?
2. How can I recognize and celebrate the progress I've made so far?
3. In what areas of my life do I feel unfinished or in need of growth?
4. What challenges am I currently facing that require me to trust in God's timing?
5. How can I be more open to embracing new behaviors and habits that support my growth?

6. What fears or doubts might be holding me back from progressing in my journey?
7. How can I remind myself of God's faithfulness during times of uncertainty?
8. What steps can I take today to align my actions with the good work God is doing in me?
9. How can I seek support from others as I navigate my journey of progression?
10. What does it mean for me to trust that God is involved in every step of my journey?

Group Shares: What insights can you take from these questions to help you intentionally progress?

Acknowledge: THANK YOU for sharing!

10 Benefits of Intentionally Reflecting on Your Progression Journey

1. **Clarity:** Understand your goals and God's work in your life.
2. **Self-Awareness:** Identify your strengths and areas for growth.
3. **Intentionality:** Approach personal development with purpose.
4. **Reflection:** Learn from past experiences.
5. **Empowerment:** Take actionable steps toward your aspirations.
6. **Accountability:** Set intentions for your growth.
7. **Encouragement:** Recognize your progress and God's work.
8. **Focus:** Identify distractions or barriers.
9. **Community:** Foster deeper discussions with others.
10. **Spiritual Growth:** Strengthen your relationship with God.

Group shares: Which of these benefits resonates most with you, and why?

Acknowledge: THANK YOU for sharing!

Leader shares: As we reflect on our journey of progression and the insights gained through self-examination, it becomes evident that intentional reflection can lead to profound growth. By considering the benefits of the questions we've discussed, we empower ourselves to embrace change and recognize God's work in our lives. Each step we take on this journey strengthens our relationship with Him and fosters a deeper connection with ourselves and others.

- **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