

AT-HOME DISCUSSION GUIDE

GROW UP : August 8th | Week 4

MAIN POINT AND BIBLE VERSE

MAIN POINT

No more baby stuff. It's time to grow up!

BIBLE VERSE

Hebrews 5:13 NLT ,... someone who lives on milk is still an infant and doesn't know how to do what is right.

ICEBREAKER

Which exercises can you do with your eyes closed?

REVIEW QUESTIONS

1. What is spiritual milk? *You always need others to tell you what to do to live for Jesus.*
2. What is spiritual meat? *Knowing how to live for Jesus and doing it without being told; teaching others how to live for Jesus*
3. When is it good to drink only spiritual milk? *When you start to follow Jesus and you don't know how to live God's way yet*
4. When is it bad to drink only spiritual milk? *When you've followed Jesus for a long time and you still haven't learned how to live God's way.*
5. How do you think you can you tell if you're eating spiritual milk or spiritual meat? *Answers will vary.*

ACTION STEP QUESTIONS

1. How can you eat spiritual meat this week? *Read the Bible, pray, help others, etc. without being told*
2. Pick one example of spiritual meat from your activity sheet. How can you get better at that one thing this week? *Answers will vary.*

PRAY TOGETHER

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: *God, please teach us Your ways. Help us live for You, and show us how to teach others to do the same. In Jesus' name, amen.*

