Summary of Faith, Trust, and Spiritual Growth

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Action Items

Reflect on God's Promises

Identify and meditate on a specific promise from scripture to trust this week.

Align Actions with Faith

Take practical steps in daily life that reflect trust in God's faithfulness, not self-effort.

Seek God Independently

Use resources to study scripture personally, beyond group meetings or family tradition.

Faith, Trust, and Spiritual Growth

1. Main Topic: Dependence on God and True Faith

- The discussion centered on the idea that faith is not about using belief to manipulate God; rather, it's about depending on God's promises, power, and guidance.
- Emphasized that God has already acted—faith does not move God; He has already provided everything necessary.
- Everyone is given the same measure of faith, which is sufficient for a relationship with God.
- Faith is about confidence in God's faithfulness, not self-effort.
- Key scripture references included Hebrews 10:38 (God's faith, not our own), Hebrews 11:6 (faith's reward is not about achievement), and Romans 14:23 (rule-keeping vs. faith-based living).
- Warned against building a relationship with God based on following rules (dead works), emphasizing instead living in alignment with the new covenant through Christ.

- Faith matures as trust in God becomes stronger than trust in feelings or circumstances.

2. Emotions and Spiritual Maturity

- Emotions are valuable as prompts, but should not be the authority guiding decisions—God gave emotions for awareness, not to control us.
- Students discussed how emotions, especially love or heartbreak, can be misleading, and spiritual maturity involves learning to respond to God's word over feelings.
- The process of spiritual growth involves exercising faith like a muscle—trust grows stronger as it's practiced in different areas of life.

3. Faith in Practice: Letting Go and Redeemed Effort

- Illustrated that trust is revealed by what you are willing to release (e.g., letting go of the pool wall when learning to swim).
- Faith walkers live from promise, not perception; focus on what God has said rather than changing circumstances.
- "Redeemed works" means acting in alignment with God's promises (e.g., making healthy choices if believing for health), not performing tasks to earn God’s favor.
- Discussion clarified the meaning of "faith without works is dead": works are not about earning, but about aligning actions with what God has already done through Christ.
- Encouraged participants to identify which promise of God they need to trust this week, and to address circumstances that compete for their attention and faith.

4. Questions and Group Participation

- Several questions prompted reflection: What do you depend on when life is difficult? What promise of God do you need to trust this week? What circumstances are competing for your attention?
- Students shared personal challenges (e.g., family issues, health, distractions) and ways to apply faith practically.
- Advice given to seek God for oneself, use available resources to study

scripture, and ask meaningful questions to deepen understanding.

5. Final Thoughts and Encouragement

- Encouraged a shift from rule-based to relationship-based faith, relying on God's faithfulness and promises.
- Reminder that everyone faces challenges, but spiritual maturity is shown in how one responds and grows in trust.
- Closed with prayer and an invitation for those needing prayer or wanting to dedicate/re-dedicate their lives to Christ.