

# WEEK 2

## SMALL GROUP GUIDE

# STRETCH



If your faith were a muscle, how flexible would it be? Could it stretch to your knees? Your shins? Your toes? Or are you not sure you even have any faith to stretch in the first place? Just like your body, if you want a faith that is strong, growing, and capable of carrying you through difficult challenges, you're going to need to stretch it. It might be fun. It might be challenging. But it will definitely be worthwhile. In this series, we'll discover four ways we can stretch our faith from Paul, the author of the book of Romans and a man whose life was completely transformed by Jesus. Thanks to Paul's words, we know we can stretch our faith by **making a commitment**, by **starting something new**, and by **letting something go**. We can even stretch our faith **when we feel like we've failed**.

## THIS WEEK

### THE BIG IDEA

You can stretch your faith by starting something new.

### THE BIBLE

Romans 12:1-2, 9-18; II Peter 1:5-8;  
I Thessalonians 3:12-13

- **Have you ever wished you could be more flexible? What would you do if you were?**
- **What's something you weren't always able to do? When and how did you start learning how to do it?**
- **If you follow Jesus, when did you start following Him? How has your faith stretched since then?**
- **If you were to make a plan for growing your faith, what habits would you include?**
- **How do you think loving others is connected to growing your faith?**
- **When our faith is growing, how should it change the way we love our family? Friends? Others?**
- **Read 1 Thessalonians 3:12–13. Why do you think Paul wanted people's love for each other to grow? If Paul were praying for our group, what do you think he would be praying for?**
- **We already brainstormed some habits that can help our faith grow. Which are you already practicing? Which are difficult for you to practice? Which would you like to start?**
- **This week, what's one new habit you're going to start in order to stretch your faith?**
- **How can our group help each other start or keep our new habits?**