

Drowning in the Shallows

4-Week Discussion & Reflection Guide

WEEK 1: Shallow Faith & Honest Beginnings

Scripture: Jeremiah 29:13 – “You will seek me and find me when you seek me with all your heart.”

Theme: Recognizing our spiritual shallowness and taking first steps toward depth.

Discussion Questions:

1. In what ways have you found yourself "drifting" in faith?
2. What do you hope to gain by going deeper with God?
3. Is there a fear or obstacle that has kept you in the shallow end?

Challenge: Begin a journal or prayer log this week. Write one honest sentence to God each day.

WEEK 2: Discomfort & Growth

Scripture: Hebrews 12:11 – “No discipline seems pleasant at the time... but later it produces a harvest of righteousness and peace...”

Theme: Embracing discomfort as the birthplace of spiritual transformation.

Discussion Questions:

1. What is one area where God is stretching you?
2. How do you typically respond when your faith is challenged?
3. What would it look like to trust God more deeply in that area?

Challenge: Choose one spiritual habit (prayer, silence, fasting, Scripture reading) and practice it daily for 5 minutes this week.

WEEK 3: Wholehearted Devotion

Scripture: Mark 12:30 – “Love the Lord your God with all your heart, soul, mind, and strength.”

Theme: Surrendering the parts of our lives we often withhold from God.

Discussion Questions:

1. What part of your heart do you find hardest to surrender to God?
2. Are there "compartments" of your life where faith doesn't reach?
3. How can you take one step toward deeper surrender this week?

Challenge: Set aside 10 minutes each day to listen to God in silence. Ask Him, "What am I holding back?"

WEEK 4: Carrying the Message

Scripture: Romans 10:15 – “How beautiful are the feet of those who bring good news!”

Theme: Living boldly as a messenger of Christ.

Discussion Questions:

1. Who in your life needs to see or hear the Gospel through you?
2. What holds you back from sharing your faith more freely?
3. How can you live more intentionally as a messenger of hope?

Challenge: Ask God for one open door this week—and walk through it when He provides it.

Closing Reflection: Finish the study by reflecting on this question: *"How has God invited me out of the shallows and into deeper waters these last four weeks?"*

Pray together as a group or journal a personal prayer of commitment.

#GoDeeperTogether #DrowningInTheShallows