

HOW DID I GET HERE?



Discussion Guide

How Did I Get Here?

Group Schedule and Discussion Guide

***Together:**

This is suggested content for your time together as a group, or content for your group chat/ messages. Please note that depending on your group size and dynamic, you will most likely not be able to get to all of the discussion questions. As you get to know your group, choose the ones you think will open up the best discussion.

****On Your Own:**

In order to get the most out of this study and time together, we suggest you do this portion as “homework” between your group meetings.

Note:

If your group is not meeting every week, you will want to adjust your meeting content and homework accordingly.

Introduction Meeting

***Together:**

Icebreaker, *get to know you time*.

Go over Group Guidelines/ Confidentiality.

Discuss Reading Pace and Meeting Schedule for the semester.

Have everyone answer these questions about themselves:

- What is your name?
- What drew you to this book study?
- What do you hope to gain from this time together?

Ask for people to share their answers with the group.

****On Your Own:**

Before your next meeting, read the Introduction and Chapter 1 in [How Did I Get Here?](#).

Meeting 2

• Together:

Discuss the Introduction and Chapter 1 questions

Introduction

1. Can you describe a time in your life when you wanted to ring the bell? When you knew you could keep going, but you weren't sure you wanted to?
2. When you found yourself in that place, how did you come to the realization of where you were? Did you find yourself asking, "How did I get here?"
3. Were you able to identify places in your life where you had quit paying close attention, the way the writer of Hebrews cautioned? What steps did you take to try to get back on track?

Chapter 1

1. Looking back at your life, can you identify and list any currents that have tried to sweep you away from God?
2. When you were caught up in a current, what action steps did you take to drop and set anchor?
3. Chris described monitoring ourselves by checking the links in our chain, the one attached to the anchor of our soul. Can you make a list of what you don't want to neglect, especially now that you understand how easy it is to drift?

On Your Own:

Before your next meeting
Read [Chapter 2](#)

Meeting 3

• Together:

Discuss Chapter 2

Chapter 2

1. We tend to think we're trusting God until something happens that we can't control, and it requires us to trust him more. Can you describe something you're going through now that's requiring you to trust him more than ever before?
2. We can often identify when we're walking away from trust and moving into fear by the "what-if" scenarios that run through our minds. What are some "what-if" statements that can cause you to start drifting—to stop trusting and start controlling?
3. If you let your mind go down the "what-if" road, how does it begin to affect your ability to make good decisions? Your interactions with others? Your beliefs? Your emotions? Your perspectives?
4. When we're checking the links in our chain, it's important to know that trust is the master link. When we start drifting and not trusting, to drop anchor in Jesus once more, we have to remind ourselves of what we know to be true about God. Can you make a list of what you know to be true about God that directly contradicts you "what-ifs"?
5. When we stop trusting, we tend to start controlling, and there are many ways we can drift into controlling. Can you list the ways you are most likely to do this?
6. One of the ways we can move from fear into faith is to lament. True lament is a form of prayer and surrender. Can you describe a time when lament helped you stop drifting and start trusting once more?

On Your Own:

Before your next meeting
Read [Chapter 3](#)

Meeting 4

• Together:

Discuss Chapter 3

Chapter 3

1. Our invisible wounds, those tender places that people don't often see, invariably seep if they are not fully healed—and seeping is a telltale sign of drifting. Can you think of ways any of your unhealed wounds have seeped recently, perhaps when you least expected it?
2. We all seem to have an Achilles heel—a place of weakness that exists in our souls no matter how great our overall strength. Can you identify what yours might be and the ways God has brought healing to you?
3. Wounds don't fester overnight, and they rarely heal overnight. Healing takes time because it's a process. The story of the blind man from Mark 8 demonstrates this. Can you describe a wound you experienced that was healed in stages?
4. When the blind man's sight was restored physically, the disciples' gained their sight as well, spiritually. For the first time they could see what they couldn't see before—that Jesus was the Messiah. Can you describe a time when you couldn't see something—spiritually or emotionally—and then Jesus helped you gain your sight? Explain how it moved you into a place of fresh praise, understanding, revelation, or insight.

On Your Own:

Before your next meeting
Read [Chapter 4](#)

Meeting 5

• Together:

Discuss Chapter 4

Chapter 4

1. Questioning what we believe is sometimes part of the journey to solidifying our faith. It often happens as we're curious and wanting to grow, or when our faith is shaken, and we aren't quite sure how to reconcile what we're experiencing with what we know to be true about God. Can you describe a time when your faith was shaken, and perhaps you began questioning what you believe?
2. The way we wonder about our faith, but not wander away from God, is that we wrestle with God regarding our questions. It's how we grow and keep ourselves from drifting. What are some questions that you have wrestled with God?
3. Can you describe how you came to a place of peace about your questions? Were there any Bible stories or verses that helped you anchor yourself in Jesus? Was there a mentor in your life who helped you wrestle without wandering?
4. Sometimes, when we ask questions, we hear the answers, but we don't want to face them. Can you describe a time when this happened to you? How did you manage to walk through that time and stop drifting?
5. When Jesus told the people that he was the bread of life, they misunderstood and thought he meant it literally. They didn't realize Jesus was inviting them to believe in him and allow their lives to be intertwined with his. Can you describe a time when you might have misunderstood something about your faith, and then later changed your perspective? How did that experience help you grow closer to Jesus?

On Your Own:

Before your next meeting
Read [Chapters 5 and 6](#)

Meeting 6

• Together:

Discuss Chapters 5 and 6

Chapter 5

1. When you were growing up, what was your impression of prayer? Was it common or uncommon in your home? Was it more formal and reserved for things like church and other religious settings? Or, was it woven into your everyday life?
2. Can you remember the first time you prayed and felt like you had a backstage pass and could really talk directly to God? Describe when prayer became something personal and powerful to you.
3. When we don't pray regularly, we start drifting, and oftentimes talking to everyone else around us far more than we talk to God. Can you think of a time when you prayed less and talked more?
4. Sometimes, when life doesn't go the way we had hoped or expected, we can feel disappointed, discouraged, or angry with God, and we pull back from him. We run from him instead of running to him.

Have you ever considered how much God yearns to comfort and help you in those times? Describe a time when you did this and then what it was like when you went running back to him in prayer.

5. More than two thousand years ago, the church prayed, and Peter was released from prison and lived, but James was beheaded. Most likely, we all have a James, and sometimes that becomes a reason we choose to quit believing that prayer can change things. We quit running to God with the same faith we once had, with the same fervor. Have you ever had an experience like that? How did you wrestle and start believing in the power of prayer again?
6. Think about the way you pray. After reading Chapter five, can you describe any changes you might make?



Chapter 6

1. Gathering together with other believers has been God's idea for a long time. It's certainly evolved over the ages as to what it looks like, but salvation in Jesus has always been at the core. When did you first give your life to Jesus and begin gathering together with other followers of Christ?
2. Have you always been in one kind of church or have you moved in and out of different church settings? Describe your experiences.
3. Of all the ways you've experienced church, what has meant the most to you about church?
4. How has church affected your growth in Christ?
5. Though we are often hurt in community, we also heal in community, including the community of the church. How has the church played a role in any healing you've experienced?
6. As followers of Christ, we are all one body, but many parts. In what ways have you played your part in the body of Christ? And in what ways would you like to be an active participant in the body of Christ in the future?

On Your Own:

Before your next meeting
Read [Chapter 7](#)

Meeting 7

• Together:

Discuss Chapter 7

Chapter 7

1. Sometimes we need a major reset to get things in our life on course. Have you ever had to go “spiritual keto” in an area of your life to stop drifting and to grow closer to God?
2. Scripture tells us that we’re to hunger and thirst after righteousness, but these ideas can feel abstract to us. Having read the chapter, compare and contrast your understanding of righteousness. Explain what you thought about righteousness before you read the chapter, and then after.
3. When it comes to walking in righteousness in our everyday lives, there seems to be an internal life centered on submitting, worshipping, and seeking Jesus—and there’s an external outflow into the world around us. Make a list for each, describing what righteousness looks like internally and externally in your life.
4. Now that you understand more about hungering and thirsting after righteousness, how will you move forward pursuing righteousness in your life?

On Your Own:

Before your next meeting
Read [Chapter 8](#)

Meeting 8

• Together:

Discuss Chapter 8

Chapter 8

1. Bubbles can be built for many reasons. Can you describe a bubble you've lived in? Do you feel you're in a bubble now?
2. Bubbles carry the potential to curb our experiences, influence, creativity, even our worldviews. They can limit our understanding, tolerance, and empathy, especially when it comes to those living outside our particular bubble. Can you think of ways living in a bubble has affected you?
3. Can you describe a time when fear kept you inside the Christian bubble and stopped you from being a witness?
4. Part of our doing the work of the kingdom here on earth is that when we see what's wrong, we do what we can to make it right. Imagine the difference we could make in people's lives if every time we saw injustice, we chose to get involved! Can you describe the last time you saw something that was wrong, and you got involved to help make it right?
5. God has chosen us to make him known in this world. Can you describe the last time you helped to make him known to someone who didn't know him?

Start Discussing Options for the Semester

On Your Own:

Before your next meeting
Read [Chapter 9](#) and the [Conclusion](#)

Meeting 9

• Together:

Discuss Chapter 9 and the Conclusion

Chapter 9

1. In 1983, Cliff Young won the Westfield Sydney to Melbourne Ultramarathon because he never stopped. According to him, he simply kept going. Can you describe a time when the reason you succeeded was because you pressed on and refused to give up?
2. Sometimes, when all we want to do is give up and give in, we don't see who might be on the other side of our decision. Can you think of a time when you kept going and discovered it was not only for your benefit, but also for someone else's?
3. Take a quick inventory of where you're at in life. Have you have stopped pressing on in some area of your life? Are you coasting along, no longer feeling passionate about your pursuit of Jesus and all he has for your life? Can you identify where you've stopped taking risks and stepping out in faith? Is there an area of your life where, instead of pressing on, you've pulled back?
4. To run our race in such a way that we obtain the prize—Jesus—we will have to be pressed. God is continually refining us and how we respond to that pressing will impact how we finish our race. Are you being pressed right now? How are you responding? How can you press past what's pressing on you, looking to Jesus, reaching for more of him?
5. Sometimes, we just need to remember how far we've come so we can run the next leg of our race. When we do this, we recall how it's the difficult times that produce endurance within us. Looking back on your life, which seasons of life have produced the most endurance in you?

Discuss and decide on Options for Next Semester

Celebrate Group Semester