



DISCUSSION GUIDE

From Surviving to Flourishing

Finding spiritual refreshment in a spiritually dry world.

Overview

Ever feel like you're just getting through the day instead of truly living it? God doesn't just want us to survive—he wants us to flourish and to grow. This discussion is about how to stay rooted in God when life feels empty, how to let his Word bring refreshment again, and how to make small choices of faith that lead to renewed joy and strength.



WATCH THE VIDEO

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OPTIONAL: PAUSE & DISCUSS

If you're watching the video, consider pausing it here to discuss your answers to the reflection question. Then continue watching the end of the video.

Warm up

Icebreaker: What's one small thing that helps you feel more "alive" in your day?

Transition: Just living for survival is not God's purpose for our lives. Let's learn how to let God help us thrive and become the best we can be.

Read and talk.

1. Thrive by staying rooted in the Bible.

Blessed is the person who obeys the law of the LORD. They don't follow the advice of evil people. They don't make a habit of doing what sinners do. They don't join those who make fun of the LORD and his law. [2] Instead, the law of the LORD gives them joy. They think about his law day and night. [3] That kind of person is like a tree that is planted near a stream of water. It always bears its fruit at the right time. Its leaves don't dry up. Everything godly people do turns out well.

— Psalm 1:1-3 NIRV

- **Key point:** Applying the Bible to our daily life is how we get faith that leads to joy, instead of grasping for temporary happiness that doesn't last.
- **Reflection:** What are the signs of spiritual dryness in my life?

2. Thrive by choosing God-confidence over self-confidence.

"But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

— Jeremiah 17:7-8 NIV

- **Key point:** Often, our confidence comes from what we can do for ourselves, instead of putting our trust 100% in God and the Bible.
- **Reflection:** How full is my "faith" fuel tank: $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or 100 full?
- **Reflection:** What's draining me? How could God fill me up again?

3. Thrive by remaining in God.

So you must remain in life-union with me, for I remain in life-union with you. For as a branch severed from the vine will not bear fruit, so your life will be fruitless unless you live your life

Notes:

intimately joined to mine.

— John 15:4 TPT

Do not yield to fear, for I am always near. Never turn your gaze from me, for I am your faithful God. I will infuse you with my strength and help you in every situation. I will hold you firmly with my victorious right hand.'

— Isaiah 41:10 TPT

- **Key point:** Our lives can't grow into their fullness without remaining in God.

Reflect and respond.

- What's one small step you can take this week to reconnect with God's Word as your power source?

Keep growing.

- Have a connecting conversation with a friend this week about how you can stop surviving and start to thrive.
- Make a small choice of faith to replace your social media scrolling with scrolling through a spiritual website, like [Deep Spirituality](#).



DIVE DEEPER

For more on this topic, check out "[How Do I Know if I'm Walking by Faith?](#)," a devotional from Deep Spirituality.

