



What Are You Sowing? | Craig Groeschel | 07.28.2024

Weekly Study

## SHARE

As group members get settled, take a few minutes to check in with everyone and see how life is going. Share an exciting story from this week, your highs and lows, an answered prayer, or something you're struggling with. If someone is really struggling, rally the group around them and take a few moments to pray over them.

**Share a high and a low from last week.**

**How has your life changed in the past five years in a way that makes you proud?**

## GROW

For our final week of Book Club, we had the honor of hearing Pastor Craig Groeschel's message, *What Are You Sowing?* We all have dreams, desires, and goals for our future. Some of us have financial goals. Some have relational goals. Some have a desire to grow in their faith. And some are desperate for a miracle in their lives.

While placing our hope and faith in the Lord is essential, Pastor Craig reminds us that hope alone won't change our lives; our habits will. The habits we have today shape who we'll become tomorrow, and they affect key aspects of our lives, including financial, relational, physical, and spiritual, among others. The key question is: Do you like where your habits are taking you?

**Read Galatians 6:7-9 NIV, Hosea 10:12-13 NIV**

**What are your biggest takeaways from Pastor Craig's message? Explain.**

**What are your dreams, desires, goals, and prayers for your life five years from now?**

**Where do you want to be, and who do you want to become?**

**What kind of habits/consistency do you think is required for that future version of you to become your reality?**

**What will your life look like five years from now if your current habits, dedication, and consistency remain the standard by which you live?**

## M O V E

It's not what we do occasionally that makes a difference, it's what we do consistently. To better understand this, Craig shared Three Laws of Reaping and Sowing:

1. You reap what you sow.
  - a. If you sow Godly habits, you will reap a Godly outcome.
2. You reap more than you sow.
  - a. Our God is a God of multiplication
3. You reap after you sow.
  - a. Success should not be judged by the measure of our future harvest but by our current faithfulness.

We are successful when we honor God in the small things of today, even when it feels like nothing is happening. James Clear, author of *Atomic Habits*, calls this the Plateau of Latent Potential. Imagine an ice cube on a table in a room that is 26 degrees. If you turn the thermostat up to 27 degrees, what happens? Nothing. How about 28? Nothing. 29? 30? 31? Nothing. These small changes can seem ineffective and pointless—and they are if you quit there—but if you keep showing up, working hard, and remaining faithful, you will eventually reach a critical threshold where progressive transformation becomes visible.

When you're not seeing results, keep showing up. When you can't feel God moving, keep praying. Even if it feels like your efforts are in vain, keep sowing seeds. Trust that God will multiply your efforts, remaining patient until your season of harvest comes. It will be the habits in your life that no one else sees that bring about the results that everyone else wants. So, keep showing up.

**Read Zechariah 4:10 NLT, James 5:7-8 NIV**

**In what area of your life do you feel like you've been sowing seeds for so long that you're starting to wonder if there's ever going to be a harvest? Explain.**

**What habits are you having the most difficult time committing to? How can your group help/support you?**

Take 10-15 minutes to reflect. Spread out in your meeting space, turn on some worship music, and answer the following questions:

1. What dreams, desires, goals, and prayers do I have for my life? (are they spiritual, relational, physical, financial, or other?)
2. What characteristics and traits are required to faithfully steward a desire, dream, goal, or prayer like that?
3. What kind of habits are required to put me on a path toward the future I desire?
4. Put it all together:
  - a. This week, I'm going to focus on \_\_\_\_\_ dream, goal, desire, or prayer. (pick one)
  - b. The three daily habits I'm going to commit to in order to help me get there are \_\_\_\_\_. (List three intentional, practical things)
  - c. I need \_\_\_\_\_ support from my group (or a group member) this week to help me stay accountable and consistent.

**P R A Y**

Please spend the last few minutes praying for strength, faith, patience, clarity, guidance, and discipline for each group member as they take intentional steps toward the life God has been calling them into this week.