

spiritual adult

DISCIPLE ME

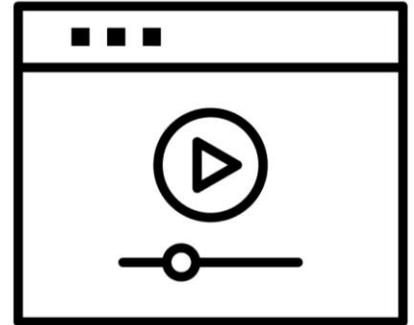
TRACK 3: DEEPENING RELATIONSHIPS

LIVING AUTHENTICALLY

ICEBREAKER: TUTORIAL NEEDED

Take a moment to think of something you *still* don't know how to do... and at this point in life, you probably *should*. No shame. No explanations required. Just honesty and awareness. *Here are some examples:*

- Filing taxes without panicking
- Basic car maintenance (oil changes count)
- Using budgeting apps, the *right* way
- Fixing things around the house without YouTube
- Cooking one "signature" meal that actually works



Share about the things that make your list of what you should probably know by now.

STUDY: UNDER CONSTRUCTION

As we start, let's be clear about being a Spiritual Adult. It doesn't mean you've got everything figured out or that life feels neatly put together. It means you're learning to depend on God honestly and to think beyond yourself more often. At this stage, authenticity isn't about saying everything you think or putting yourself on display - it's about being willing to let the real you be seen as Christ works in you. That means choosing influence over image, letting God use what feels unfinished or fragile, and trusting that He's still at work in the places that feel like they are "under construction". To get a better sense of this, let's do some digging.

READ 2 CORINTHIANS 4:7-10

- What do you think Paul is referring to when he talks about 'treasure' and 'jars of clay'?
- What phrase from this passage resonates most with your current season?
- Where do you feel the most aware of your limitations right now?

Here, Paul says, "We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us." The picture is simple but powerful. The **treasure** is the life and power of Christ. The **container** is us - ordinary, fragile, imperfect people. And the **purpose** is clarity: so that anyone watching can see the power comes from God, not the container holding it. Paul doesn't try to explain away weakness or pretend it isn't there. Instead, he reframes it, showing that weakness is often the very stage where God's power becomes most visible.

- How might people seeing your weakness actually be a good thing in God’s world?
- How might hiding your weakness actually obscure God’s power in your life?
- Who in your life might benefit from seeing God’s strength at work through your imperfection?

ACTIVITY: IMPERFECT PEOPLE

Before we move on, let’s zoom in on the biblical story itself. From beginning to end, Scripture is filled with imperfect people that God chose to use - not because they were flawless, but because they were willing. Leaders with doubts, tempers, failures, and complicated pasts still found themselves woven into God’s purposes.

Take a few minutes and think of as many **biblical characters** as you can who were clearly imperfect yet used by God. As you make your list together, keep a total tally of the number of people you can think of. Then plot that number on the line graph below.



As we think about all these imperfect people God used, a pattern starts to emerge: God doesn’t wait for weakness to disappear before He works. In fact, Scripture shows us that weakness is often the very place He chooses to step in.

READ 2 CORINTHIANS 12:9-10

Take a moment to reflect on what Paul just said. He doesn’t describe weakness as a problem to overcome, but as the very place where God chooses to display His power. Instead of waiting for us to feel strong or capable, God meets us right in our limitations. What we often see as a disadvantage, God sees as an opportunity—an open space where His grace can be made visible, not because we’re impressive, but because He is at work through us.

CHALLENGE: DROP THE MASK

This week, take a step toward authentic influence by choosing one person you trust and respect - someone outside of your regular discipleship partner(s) and intentionally invite them into your growth. Set aside time for an honest, humble conversation in which you share one area where you are asking God to help you grow. This isn’t about confessing everything or putting on a performance; it’s about removing the mask of self-sufficiency and letting someone see where you’re still dependent on God. As you do, pay attention to how humility creates space for encouragement, prayer, and real influence - because growth doesn’t happen in isolation, and authenticity often becomes an invitation for others to grow alongside you.