

Growing Up Saved Discussion Questions

Chapter 1

1. When have you sensed that your belonging in a community or relationship was conditional? What were the spoken or unspoken rules?
2. Which "one another" practice would change your community the most, if done consistently?

Chapter 2

1. What standards of perfection or holiness were you taught to aim for, and what has it cost you to reach them or miss them?
2. What malformations of faith have you absorbed without realizing it?

Chapter 3

1. When have you internalized blame that wasn't yours? How did it shape your view of God and yourself?
2. What practices help you move from fear-based faith to freedom-based faith?

Chapter 4

1. How has overspiritualizing decisions limited your freedom or joy?
2. What new group norms would make your community more shame resistant?

Chapter 5

1. When has your pain been a weapon, and when has it been a balm? What flipped the switch?
2. How has your understanding of God shifted because of the pain you've lived through?

Chapter 6

1. Have you ever felt pressure to wait for a miracle instead of seeking help? What happened?
2. If diagnosis is a kind of deliverance, what "permission slip" do you need?

Chapter 7

1. In what ways have you confused seriousness with holiness? What did it cost you?
2. Which aspect of God (God as a lion or God as a mother) is easier for you to trust? What practice might open you to the other aspect of God?

Chapter 8

1. When have you seen self-hatred confused with sanctification? What was the result?
2. If you could shift your identity from "broken" to "beloved," how would that change how you see yourself and care for yourself?

Chapter 9

1. Is there an area of your life where you long to hear Jesus say, "It's not your fault"? What barriers or beliefs would you need to overcome to believe him?
2. If you reframed "Do not fear" as a comfort rather than a command, what difference would it make in your spiritual life?

Chapter 10

1. What unspoken rules from your community (whether in person or in real life) have bent your voice? What would it look like to live from a place of grace and freedom?
2. What difference would it make to approach each day rooted in this truth: "I am the righteousness of God"?