

## Session 1 – Guide

EDIFY: Shape Your Life for Good

# Why Edify?



This guide provides key questions, reflective prompts and engagement opportunities designed to deepen your understanding and application of the session's content.

## Setting the Stage

### Introduction

Many Christians struggle with questions about how to live a meaningful Christian life, how to grow spiritually, and how to overcome personal challenges,

The theme *EDIFY* means to build up and strengthen, especially in a spiritual sense. We chose this theme because it captures the essence of growing in faith and community.

*"Pursue things which make for peace, by which you may edify one another." Romans 14:19*

### Goals for the Edify Series

- Highlight Love and Grace: True growth is driven by understanding and experiencing God's love and grace.
- Foster Community: We aim to create a space where we can share and support each other in our spiritual journeys.
- Encourage Growth: We want to motivate each other to actively engage in spiritual development.
- Provide Practical Guidance: Our sessions will offer practical advice and biblical insights to help overcome obstacles to growth.

To get the most out of the Edify series, we encourage you to actively participate in discussions, reflect on your spiritual journey, support others, and apply the practical and biblical insights to your daily life.

## Key Questions

What role does agency play in the life of the believer?

*Agency refers to the ability and freedom to make choices and act upon them.*

What does it mean to have a life of wholeness *and* growth?

*"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." 2 Corinthians 5:17*

How do I change the narrative in my life around growth and change?

*"The gospel has us moving from a place of victory, not toward victory. It has us moving from a place of righteousness, not toward righteousness."*



# Four Myths Christians Believe About Growth and Change

1. *It's too late for me to change.*
2. *If I try too hard, I'm a legalist.*
3. *I'm on my own to change my life.*
4. *If everything doesn't change all at once, I'm not a true believer.*

## Reflect and Respond

Which myth do you identify with the most?

Are there any other myths that have kept you from growth and change as a Christ follower?

Consider how these beliefs have affected your spiritual journey and what steps you can take to align your understanding with God's truth. Write down your thoughts and feelings.

## Join the Community

Engage with our private [Light Bearers Community Facebook group](#) for ongoing discussion and support.