

MADE TO THRIVE

Created for More

TIPS TO A SUCCESSFUL GROUP

- **ASK FOR HELP.**

The Small Group Ministry is here to help. Email smallgroups@nhww.org to ask any questions, request training or other assistance for your small group.

CHOOSING TO THRIVE

ICEBREAKER

Who was the most impactful person in your life, and what's something they did that stuck with you? (*Examples: a grandparent who took care of you, a coach who believed in you, a coworker who stood up for you, etc.*)

INTRODUCTION

God's desire isn't just that we survive, but that we thrive. But thriving isn't automatic; it's a daily choice to live within God's design. Often, someone else first sets the example for us as they live out their faith in their day-to-day life. They can point us toward life, but they cannot choose it for us. We have the power to choose a life that changes everything, starting today.

READ |

Now choose life, so that you and your children may live and that you may love the Lord your God, listen to His voice, and hold fast to Him. — Deuteronomy 30:19 (NIV)

This verse shows what it means to "choose life": love God, listen to His voice, and hold fast to Him. It is not about earning blessings by following rules, but about living as He designed us. Think of it like riding a bike: when you ride it the way it was designed, it works the way it should. But if you try to ride it against its design, it quickly becomes frustrating and difficult, and you struggle to get to your destination. In the same way, when we go against God's

design, life becomes harder than it needs to be. Life won't ever be free of hardship, but if we choose to walk with God through it, we experience more of His guidance, peace, and purpose.

What would “choosing life” look like in your everyday decisions? (*Example: choosing forgiveness instead of holding grudges, choosing honesty at work, choosing time with God instead of distraction, etc.*)

READ |

Her children arise and call her blessed; her husband also, and he praises her.

— *Proverbs 31:28 (NIV)*

Many aspire to be like the Proverbs 31 woman, someone marked by grace, character, and a life that honors God. Her life models for her children how to care for others and pursue a godly life. Walking with mature, godly role models helps us see what it looks like to follow God daily. While society often promotes “finding your own truth,” Scripture highlights the wisdom of mentorship and accountability. We should choose role models who strive to live like Christ, not to become like them, but to become more like Jesus.

Who has modeled a “blessed life” to you, and what did you notice about them?

(*Examples: they were patient, loyal, peaceful under pressure, generous, etc.*)

READ |

Blessed are all who fear the Lord, who walk in obedience to Him. You will eat the fruit of your labor; blessings and prosperity will be yours. Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table...

— *Psalms 128:1-3 (NIV)*

This passage shows true flourishing: meaningful work, a strong family, and lasting peace. In Scripture, “fruitful vines” and “olive shoots” symbolize stability and long-term blessing. Olive trees take years to mature but can bear fruit for generations, and God's kind of thriving is similarly slow, steady, and enduring. Growth takes time, and lasting fruit is cultivated patiently. We won't reach perfection in this life, but that reminds us to depend on God, trust His timing, and rest in His faithful love.

Where do you currently desire to see long-term growth in your life or family? (*Examples: stronger relationships, deeper faith, more peace at home, better habits, etc.*)

WHAT WILL YOU DO?

- **Find mentorship/accountability.** Reach out to a peer who has impacted your faith and see if they would be willing to mentor you. You can start with weekly or monthly Bible studies together, devotional times, and/or prayer times.
- **"Choose life."** Choose a bad habit to break or a good habit to implement.
- **Discuss with your group if you will continue meeting for the next series.**

CLOSE IN PRAYER:

Dear God, thank You for the people who have guided us toward You. Please teach us and grow us to be more like You, to follow Your design, build a life that brings blessings to others, and leaves a lasting legacy. In Jesus' name, amen.



Make Time to be in God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & share what God is teaching you on a personal level. We do this using S.O.A.P.

S - Scripture

O - Observation

A - Application

P - Prayer

Here's an example:

S: Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "

--Matthew 4:4 (NIV)

O: Jesus said that we can't live on food alone. Our life is sustained through His Word.

A: Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

P: Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

SCRIPTURES FOR S.O.A.P.

Day 1:

We continually ask God to fill you with the knowledge of His will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please Him in every way: bearing fruit in every good work, growing in the knowledge of God...

— Colossians 1:10 (NIV)

Day 2:

Blessed is the one who does not walk in step with the wicked... but whose delight is in the law of the Lord, and who meditates on His law day and night... whatever they do prospers.

—Psalms 1:1-3 (NIV)

Day 3:

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another...

— Hebrews 10:24-25 (NLT)

Day 4:

Commit your actions to the Lord, and your plans will succeed.

— Proverbs 16:3 (NLT)

Day 5:

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope...

— Romans 5:3-4 (ESV)