TALK IT OVER

Back On Track With My Faith

Pastor Andy Wood
January 3-4, 2026

If you would like to watch the weekend message, visit www.saddleback.com/watch.

Open your group in prayer and remember that this is only a guide. Feel free to discuss each of the provided questions or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions toward the end of the document.

Scriptures Used

Lamentations 3:22-24 (NLT), Genesis 4:1-8 (NLT), Hebrews 11:4, Proverbs 3:9 (NIV), Joel 2:12-14 (NLT), James 4:6 (NIV84), Joel 2:24-25 (NLT)

Questions:

1. What goals do you consistently run out of gas with before making lasting progress? How does a break in perfect execution of that goal affect your endurance?
2. When you hear the phrase “getting back on track with my faith,” what does that stir in you personally? Is there any part of you that feels hopeful—or resistant—to that idea right now?
3. Lamentations 3 reminds us that God’s mercies are new every morning. Where do you most need a fresh start with God, and what keeps you from fully believing that he is still willing to meet you there?
4. The sermon defined faith as “active trust in God.” If someone looked at your recent decisions—not just your beliefs—what would they say you’re actively trusting?
5. In Genesis 4, both Cain and Abel bring an offering, but God responds differently because their hearts were different before him. Why do you think it’s easier for us to focus on what is in our hands rather than what is in our hearts?
6. The difference between “some” and “first and best” shows up repeatedly in Scripture. What tends to get your first and best—time, energy, attention, or money—and what usually gets the leftovers?
7. Romans 12:1 frames worship as offering our whole lives. What would it look like for your faith to move from a compartment of your life to the center of it?

8. The sermon talked about spiritual hunger and how our appetite is shaped by attention. Andy said our first fruits are going somewhere. Are there "second-class hungers" receiving what God is inviting us to bring to himself instead? What appetite has your attention right now, and how is that shaping your desire—or lack of desire—for God?
9. Joel 2 calls people to return to God with humility, fasting, and honesty of heart. What might "returning" look like for us in this season—not dramatically, but practically? What are some creative ways we can give the best portions of ourselves to God?
10. Sometimes we only realize our need for God when we reach a point of desperation. How do you usually respond when life exposes your limits—do you lean in, power through, or pull away? God loves to help the humble and restore what was lost. What did the locusts take away that you want God to restore? Is there an area where you've been trying to fix things on your own instead of asking God for help?
11. As you think about 2026, what is one specific way you want to offer God your best rather than your leftovers, and what is one small, concrete step you can take this week to move your faith back on track?

Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they and what they, or the group, can do as a result of hearing the message.

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do***? How will you or your group put into practice what you've learned today?*

Small Group Action Steps

1. Consider taking the Group Health Assessment in your small group. This assessment will help you see how your small group is balancing the five purposes and will give you suggested next steps for each purpose. Click here to take the Group Health Assessment: https://saddleback.com/connect/smallgroups#spiritualCheckup

2. Did you know that Saddleback produces many new small group studies each year? Visit https://saddleback.com/studies to check out Saddleback's ever-growing library of small group curricula.