

Where is your *weight*?

A free seven-week small-group series

One participant sheet per session. Print one for each person, each week.

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- 1 **The Roof**
Everyone puts their weight on something, and the question that matters is whether what we're standing on can actually hold us.

 - 2 **Amen**
Amen doesn't mean "I agree"; it means "that is solid, and I'm standing on it."

 - 3 **Believe Into**
Believing that something is true about Jesus is not the same as believing into him; saving faith moves your weight onto him.

 - 4 **Daddy Holds**
Trusting God is less like feeling confident and more like a sleepy child letting their full weight land on a parent they know will hold them.

 - 5 **Good Soil**
Jesus doesn't ask us for bigger faith; he asks where our faith is planted, because a seed in a jar does nothing and the same seed in good soil takes over.

 - 6 **The Title Deed**
Faith isn't a leap in the dark; the Bible's own definition makes it the foundation under your hope and the evidence you stand on.

 - 7 **It Is Well**
Real faith shows up in a changed life, and when our weight slips back onto ourselves, as it will, the foundation hasn't moved.
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Built on *The Weight of God: How to Believe* by Matthew Wong.

Free to copy for your group. weightofgod.discernable.io/groups

The Roof

FROM THE BOOK: CHAPTER 1

THE BIG IDEA

Everyone puts their weight on something. The question that matters is whether what we're standing on can actually hold us.

KEY WORD *pistis* (Greek, usually translated “faith” or “believe”): putting your full weight on someone or something.

READ Matthew 7:24–27

THINK IT THROUGH

1 The author knew where the screws were, but not where the joists were. What are some “screws” in everyday life, things that tell us something is solid?

2 Think of a time something you relied on gave way. Was the hurt bigger than the thing itself? Why?

3 If you're honest, what is this week resting on?

THIS WEEK List what your week is resting on. Write down the things you're counting on to get through it (income, people, health, a plan, your own energy). Beside each one, note what would happen if it gave way. Don't fix anything yet. Just look.

READ BEFORE NEXT WEEK Chapter 2

Amen

FROM THE BOOK: CHAPTER 2

THE BIG IDEA

Amen doesn't mean "I agree". It means "that is solid, and I'm standing on it."

KEY WORD *aman* (Hebrew, the root of Amen): solid, weight-worthy; something you can lean your full weight on.

READ Deuteronomy 27:11–26; Nehemiah 8:1–6; Revelation 3:14

THINK IT THROUGH

1 What's the difference between "I agree" and "I'm committed"?

2 Revelation 3:14 calls Jesus "the Amen". What difference does it make to think of Jesus as someone solid you can stand on?

3 Is there anything you've been saying Amen to without really putting your weight on it?

THIS WEEK Say Amen only when you mean "I'm standing on that." Pause before you say it. If you can mean it, say it and mean it. If you can't yet, notice what made you hesitate, and bring that honestly to God.

READ BEFORE NEXT WEEK Chapters 3 and 6

Believe Into

FROM THE BOOK: CHAPTERS 3 AND 6

THE BIG IDEA

Believing that something is true about Jesus is not the same as believing into him. Saving faith moves your weight onto him.

KEY WORD *eis* (Greek, “into”): the small word in “believe in him” that turns belief from a verdict into a move of your weight onto someone.

READ John 3:16; Acts 16:31; James 2:14–19

THINK IT THROUGH

1 Is there something in your life you believe *that* about, but wouldn't actually put your weight *on*?

2 Try reading John 3:16 as “whoever keeps putting their weight into him”. What does that add or change for you?

3 Where is there a gap for you between what you believe about Jesus and where your weight actually goes on an ordinary Tuesday?

THIS WEEK Each morning, read John 3:16 with “whoever keeps putting their weight into him” in place of “whoever believes in him”. Ask: is that what I'm doing today? At night, notice one moment your weight shifted back onto yourself, and one moment you leaned on him.

READ BEFORE NEXT WEEK Chapter 4

Daddy Holds

FROM THE BOOK: CHAPTER 4

THE BIG IDEA

Trusting God is less like feeling confident and more like a sleepy child letting their full weight land on a parent they know will hold them.

KEY WORD *batach* (Hebrew): to throw yourself down on something and let it bear your full weight.

Its partners: *aman*, recognising that something is solid enough to hold you, and *emunah*, staying landed day after day.

READ Proverbs 3:5–6; Genesis 15:1–6; Habakkuk 2:4

“Trust in the LORD with all your heart and lean not on your own understanding.” Proverbs 3:5 (NIV)

THINK IT OVER

1 The girls let go because they’ve been held before. How does a person come to know that God holds? What has shown you that, or what would?

2 What’s the difference between using your mind and resting your whole life on it?

3 Where in your life are you keeping one foot on your own platform, just in case? What might it look like to let a little more weight go?

THIS WEEK Each evening, name one moment when you propped yourself up on your own understanding: a worry, a backup plan, a decision made without asking God. Don’t beat yourself up. Notice it, and hand that one thing over in a short, honest prayer.

READ BEFORE NEXT WEEK Chapter 7

Good Soil

FROM THE BOOK: CHAPTER 7

THE BIG IDEA

Jesus doesn't ask us for bigger faith; he asks where our faith is planted, because a seed in a jar does nothing and the same seed in good soil takes over.

KEY WORD *oligopistian* (Greek): “little faith”, but better understood as poor or misplaced faith, real trust that has drifted onto the wrong foundation.

READ Matthew 17:14–20

THINK IT OVER

1 The disciples had done this before, and it had worked. Why might past success make it easier to lean on the method rather than on the Person?

2 Jesus says the issue isn't how much faith you have but where it's planted. How does that land for you?

3 Where is your faith planted right now: in technique or in the Person?

THIS WEEK Pick one regular part of your faith life (prayer, Bible reading, serving, church). Each time you do it, pause first and ask: am I leaning on this, or on him? Carry a seed in your pocket as a reminder if it helps.

READ BEFORE NEXT WEEK Chapters 5 and 8

The Title Deed

FROM THE BOOK: CHAPTERS 5 AND 8

THE BIG IDEA

Faith isn't a leap in the dark. The Bible's own definition makes it the foundation under your hope and the evidence you stand on.

KEY WORD *hypostasis* (Greek): “that which stands under”. A foundation, and in ancient legal papers, a title deed.

READ Hebrews 11:1–12; Romans 4:18–21

“Now faith is confidence in what we hope for and assurance about what we do not see.” Hebrews 11:1 (NIV)

THINK IT OVER

1 Who in your life has earned your trust through a track record, and how did they earn it?

2 Faith as the foundation under your hope, or faith as evidence: which picture helps you more right now? Why?

3 What evidence of God's reliability are you standing on? Where does your faith still feel more like a guess?

THIS WEEK Keep a track record. Each day, write down one piece of evidence that God can hold your weight: a promise, an answered prayer, a time something held. Not sure about God? Write down what your current view is standing on. At the end of the week, ask: is this a guess, or something I can stand on?

READ BEFORE NEXT WEEK Chapters 9 and 12

It Is Well

FROM THE BOOK: CHAPTERS 9 AND 12

THE BIG IDEA

Real faith shows up in a changed life, and when our weight slips back onto ourselves, as it will, the foundation hasn't moved.

KEY WORD *metanoia* (Greek): repentance, meaning a turning that lifts your weight off old foundations and back onto God, not simply feeling sorry.

READ Romans 7:15–8:1; James 2:14–26

“Therefore, there is now no condemnation for those who are in Christ Jesus.” Romans 8:1 (NIV)

THINK IT OVER

1 Where do you notice your weight slipping back onto yourself, and how do you usually notice?

2 Why might good things, even very good things, get in the way of finding the foundation?

3 What's one thing you've been resting on that you could stop making load-bearing this week?

THIS WEEK Name one thing you've been standing on and stop making it load-bearing: put that weight back on God. When it slides back, tell God the truth (my weight slipped) and let him receive you back.

KEEP GOING

- **Keep asking the question.** Where is your weight? Not last Sunday, but today. Try opening your prayer time, or your next group meeting, with it.
- **Read the verses at the back of the book.** The “Scripture Restored” section puts the weight back into familiar verses. Read one a day, slowly.
- **Pass it on.** Know someone who thinks faith is blind? Lend them your copy; Chapter 8 was written with them in mind.
- **If something heavy came up for you,** talk to your group leader or pastor. If you're struggling, call Lifeline Australia on 13 11 14, any time.