



## Group Discussion Document

### Ice Breaker:

- Share a time when you felt out of your comfort zone. How did you handle the situation, and what did you learn from it?

**Summary of the Sermon:** In the sermon titled "Cocoon Christianity," Pastor Roland Bickert emphasized the dangers of spiritual isolation and the importance of engaging with the world while maintaining our distinct Christian identity. Using the metaphor of a cocoon, he illustrated how Christians are called to grow and transform, not to remain sheltered. The sermon highlighted the need for spiritual growth through resistance and engagement with the world, drawing on biblical teachings from Matthew 5, James 1, and other scriptures. The story of Stephen, who lived in isolation for 57 years, served as a cautionary tale about the consequences of excessive protection from the world.

### Group Questions:

1. What does it mean to be the "salt and light" of the world, as described in Matthew 5:13-16?
2. How can spiritual isolation weaken our faith, and what are some signs that we might be isolating ourselves too much?
3. Discuss a time when facing a challenge or trial strengthened your faith. How did you see God working in that situation?
4. How can we find a balance between protecting ourselves spiritually and engaging with the world?
5. What role does community play in strengthening our faith, according to Proverbs 27:17 and Hebrews 10:24-25?

### Life Application:

- Reflect on areas in your life where you might be isolating yourself spiritually. Consider ways you can engage more with your community and the world while maintaining your Christian values.

### Challenge:

- This week, intentionally engage in a conversation or activity outside your usual comfort zone. Whether it's reaching out to a non-believer, participating in a community event, or volunteering, aim to be the salt and light in that situation. Share your experience with the group next week.