



Study Guide, Episode 113—How to Grow & Thrive Exceedingly

Jacob 5-7

00:00-11:29	"QOTW: How can I 'grow and thrive exceedingly?'"
11:30-20:53	"The Allegory of the Olive Tree"
20:54-44:30	"Be 'pruned, digged about & dunged,' strengthen roots, don't be lofty"
44:31-54:06	"Let Him nourish you; Practice powerful self-care"
54:07-END	"Receive, & let Him 'clear away the bad' & bring forth 'good fruit'"

- 1) Do you want to "grow through life instead of just going through life"? How are you working on this? Journal about this and the following.
- 2) Have you ever been, or are you now, just in "survival mode?" A time when life gets tough and you feel you're not able to "thrive" or "flourish," and not sure you're even able to grow? What helps you cope in survival mode? Journal about this.
- 3) Do you believe YOU are meant to "thrive exceedingly" and "flourish?" Why or why not? What prevents you from thriving and flourishing? Write about or discuss with a trusted friend, family member, or therapist.
- 4) How are you "at-one-ing" with Jesus today? What is one thing you can do to better "at-one" with Him & use His Atonement daily?
- 5) Have you ever felt "pruned, digged about" and even "dunged?" Like you've been "cut back," or "torn open" or are being "remodeled?" What does this feel like? Have you ever asked God, "Why?" What was His answer? Listen to 20:54-44:30. Set aside time to ponder and write your feelings, pray, and receive/write your answers.
- 6) As you study Jacob 5, consider "What do I need right now?" Notice the words, phrases, concepts, and feelings that jump out as you read. Write these down.
- 7) What does "nourishment" and self-care mean to you? How are you receiving Jesus' nourishment daily? How are you extending that care to yourself, for your current needs? Ponder, pray, and write/discuss these things. Then, choose one thing to begin doing 10% better, this week, to allow yourself to be nourished.

Resources

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