

# Lesson 6 – Discussion Guide

## Title

**Guarding Against Future Deconstruction: Eight Habits of a Resilient Faith**

## Group Objective

Help participants identify and begin practicing specific habits that will protect them from future deconstruction and strengthen a lifelong, biblical worldview.

## Key Scriptures

- Psalm 119 (selected verses on God’s Word)
  - 2 Timothy 3:16–17 – Scripture’s authority and usefulness
  - Philippians 4:6–7 – Prayer and God’s peace
  - Hebrews 10:24–25 – Community and gathering together
  - 1 Peter 3:15 – Be ready to give a defense
  - Galatians 5:13 – Serving one another in love
  - Psalm 150:6 – Let everything that has breath praise the LORD
  - Exodus 20:8–11 – Sabbath command
  - Psalm 139:23–24 – Evaluation and self-examination
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## Opening (5–10 minutes)

1. **Icebreaker:**
    - “If you had to pick one habit that is easiest for you (Bible, prayer, community, serving, etc.), which is it and why?”
    - “Which habit is the hardest right now—and why do you think that is?”
  2. **Context Recap:**
    - Briefly restate: This lesson is about *staying* reconstructed—guarding against future deconstruction through ongoing habits, not one-time decisions.
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## Discussion Questions

### A. Big Picture – Resilient Faith & Deconstruction

1. **Why do you think deconstruction is such a common story in our culture right now?**
  - Where do you see it most: online, in friendships, among younger believers?
2. **In your own words, what is the difference between “reconstruction” and “resilience”?**

- Why do we need *both*?
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## **B. Scripture & Prayer (Habits 1–2)**

- 3. How has your relationship with Scripture shaped your faith in the past—for better or worse?**
    - What changes when someone moves from “occasional reading” to a daily rhythm?
  - 4. What does a realistic, sustainable prayer & reflection routine look like for you right now?**
    - What gets in the way?
    - How could a simple structure (like ACTS or a prayer journal) help?
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## **C. Community & Apologetics (Habits 3–4)**

- 5. Why is isolation so dangerous for someone who is doubting or deconstructing?**
    - What are some signs that a person is starting to pull away from community?
  - 6. If someone asked you a hard question about Christianity today, how confident would you feel responding?**
    - What role should apologetics play in *your* weekly or monthly rhythms?
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## **D. Serving, Worship, & Gratitude (Habits 5–6)**

- 7. Think of a time when serving others or being on mission strengthened your faith. What happened?**
    - How does serving move us from “consumer” to “participant” in God’s work?
  - 8. How do worship and gratitude practically push back against cynicism, anxiety, or despair?**
    - What simple gratitude or worship practices could you add to your daily or weekly routine?
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## **E. Rest & Evaluation (Habits 7–8)**

- 9. When you think about rest and Sabbath, do you see them as optional or essential? Why?**
  - How might lack of rest and constant digital noise open the door to deconstruction?
- 10. What kind of regular “evaluation questions” would be most helpful for you?**

- Example: “Where did I drift this week?” “Where did I see God’s faithfulness?”
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## Personal Reflection & Application

11. **Of the eight habits, which TWO do you most need to strengthen in the next 30 days? Why those?**

12. **What is one specific, concrete step you will take this week?**

- Example:
  - Set a fixed Bible time each morning
  - Schedule a weekly check-in with an accountability partner
  - Choose an apologetics book or podcast and block one hour
  - Pick a service opportunity and commit to it
  - Block a weekly Sabbath start/end time
  - Write five evaluation questions and answer them every Sunday

Invite members to **share one step out loud** so others can encourage and check in later.

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## Group Challenge (Optional)

- As a group, choose one habit to practice *together* for the next month (e.g., shared Bible reading plan, weekly prayer Zoom, serving project, monthly “question & apologetics” night).
  - Plan a follow-up discussion to share how this habit has impacted your faith and any deconstruction-related doubts.
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## Closing Prayer Focus

Close by praying:

- That God would **seal** the foundations laid in all six lessons
- That He would build **resilient, humble, joyful faith** in each person
- That group members would become **encouragers and stabilizers** for others who are doubting or deconstructing

If you’d like, next we can:

- Turn these eight habits into a **one-page handout** or **rule-of-life** sheet for your students, or
- Build a **reflection worksheet** they can use weekly for the “ongoing evaluation” habit.

## Discussion Questions

1. Looking at the eight habits (Scripture, prayer, community, apologetics, serving, worship/gratitude, rest, evaluation), which one is currently your strongest? Which is weakest?
2. How has a lack of daily Scripture engagement affected your thinking or decisions in the past, even when you didn't notice it at the time?
3. When you go through seasons of doubt or discouragement, what usually happens to your prayer life—and how might a steady prayer rhythm change that?
4. How has Christian community helped hold you up in a difficult season? Where are you still tempted to isolate?
5. What's one big question or doubt you've had that would benefit from intentional apologetics study instead of just being pushed aside?
6. How does **serving others** practically protect your heart from drifting into self-centered or consumeristic Christianity?
7. When life feels heavy, how do worship and gratitude re-frame your situation? Is there a time when worship pulled you out of a dark place?
8. Which two habits, if strengthened over the next 90 days, would most dramatically help you guard against future deconstruction—and what's your first small step for each?