



Pastor Ernest — August 22nd/23rd 2026

If you would like to watch the weekend message, visit www.frontrange.org/messages

This is only a guide. Feel free to use each question or simply dive deeper into just one.

Scriptures: 1 Peter 1: 13-25, 1 Peter 2: 1-3

Three Essential Questions

These are intended to be open-ended and encourage members to consider how they felt 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?

Message Points/Extra Questions

1. Ernest talked about having to change his mindset and habits when he cut sugar from his diet. What is one area of your life where you've had to intentionally change your mindset or habits because you wanted a different outcome?
2. Peter says to "prepare your minds for action," be sober-minded, and set our hope fully on God's grace. What do you think it practically means to prepare your mind as a follower of Jesus?
3. Take a few minutes to do the "mind audit" Ernest suggested: Who or what is shaping my thoughts? What influences might I need to limit? What could I intentionally do to make God the greatest influence in my life?
4. Peter tells us to "rid yourselves" of malice, deceit, hypocrisy, envy, and slander, and then tells us to "crave pure spiritual milk." Which of those two ideas—letting go of something or developing a hunger for something—do you find more difficult? Why?
5. Peter says, "Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation." What are some things you currently do that actually create a hunger for God? What tends to diminish that hunger?
6. Ernest challenged everyone to fast from something for 1, 3, or 5 days in order to focus on God and pray for a greater hunger for Him. What is one thing you could intentionally set aside this week, and what would you specifically pray God would grow in you through that experience?