



Small Group Guide: Moving Beyond Safety

Summary: The sermon "Moving Beyond Safety" teaches that believers and church communities must lay aside internal weights and recurring sins so they can run their God-given race with endurance, rather than retreating into comfort or fragility. It calls for personal heart examination, relational peace, holiness, and rejecting bitterness and sexual immorality so no one "falls short of the grace of God."

Key Takeaways from the Sermon

1. ✓ **We must lay aside weights and sins to run our race effectively**
 - Weights aren't always sinful, but they slow us down
 - Some sins "easily beset" us—we know our patterns and traps
2. **Running the Christian life requires training, not just an event**
 - The altar call isn't the finish line—it's the starting line
 - We need continual strengthening and forward progress
3. **Our personal walk affects our community**
 - What we carry internally (bitterness, unforgiveness, sexual immorality) defiles others
 - We have a responsibility to pursue peace and holiness
4. **Moving beyond safety means addressing what we're afraid of**
 - We can't avoid diagnosis and expect healing
 - God asks us to give Him things; He won't force them from us

Discussion Questions

Personal Reflection

1. **On Weights:** The sermon described weights as things that have "quietly grown in you over time." What weights might you be carrying that aren't necessarily sinful but are slowing you down? (Examples: unforgiveness, unhealthy attachments, unresolved wounds)
2. **On Sin Patterns:** What sins "easily beset" you—the ones you keep falling into despite knowing better? Why do you think you keep returning to them?
3. **On Spiritual Safety:** The pastor said, "If we are afraid of problems, we become fragile." Where are you retreating to safety instead of moving through difficulty? What are you afraid will happen if you face it?
4. **On Diagnosis:** Why are we often afraid to get a "spiritual diagnosis" from God or godly counsel? Have you been avoiding letting someone help you identify your struggles?

Community Reflection (15-20 minutes)

1. **On Pursuing Peace:** Who in your life do you need to pursue peace with? What's stopping you from taking the first step?
2. **On Falling Short:** The sermon emphasized not letting anyone "fall short of the grace of God." Who in your life might be struggling spiritually that you've been ignoring? How can you reach out to them?

3. **On Bitterness:** How does one person's bitterness affect a community? Have you experienced this? How can we guard against becoming bitter together?
4. **On Holiness Standards:** How do you respond to the call for sexual purity and holiness in our culture today? Why is it important for the church community to maintain these standards?

This Week's Applications :

Choose at least TWO to commit to:

Identify Your Weights

Write down 2-3 "weights" you're carrying (not sins, but things slowing you down). Share them with a trusted friend and ask for prayer and accountability.

Lay Aside a Besetting Sin

Identify the one sin that "easily besets" you. Take practical steps to remove yourself from that temptation (delete an app, avoid a location, end a relationship, etc.).

Pursue Peace

Reach out to one person you need to make peace with this week. Don't wait for them to come to you

Get Godly Counsel

Schedule time with a pastor, mentor, or mature believer to get an honest assessment of your spiritual life. Be open to what they see.

Forgiveness List

Write down everyone you're bitter toward. Pray through the list and release each person to God. Consider reaching out to reconcile where appropriate.

Strengthen Your Spiritual Disciplines

Commit to prayer first thing every morning this week. Start with just 10 minutes if needed.

Check on Someone

Reach out to someone in the church community who seems to be struggling or pulling away. Don't let them "fall short of the grace of God."

Closing Thought

"Don't be around what God is doing and not let it get in you. Don't see somebody else get healing and not have faith for your own. Move beyond your safety."

