

LET US CYCLE WITH ENDURANCE THE RACE SET BEFORE US

SMALL GROUP NOTES

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Canterbury - 14/01/18

Whitstable - 21/01/18

SCRIPTURE

Hebrews 12: 1-2

1 Corinthians 9: 23-27

Galatians 5: 7

SCRIPTURE CONTEXT

All 3 passages use the analogy of running a race to describe living the Christian life in terms of:

- Our focus
- Our goal
- Our purpose
- The need for endurance
- The need for discipline
- A challenge as to whether anything or anyone is hindering us in 'running the race'

In the sermon the running a race analogy was 'updated' to cycling both in terms of the speaker's personal cycling experience and professional stage races like the Tour de France. The purpose and application being how we can grow in endurance, resilience and perseverance as a key to breakthrough. This is also in the context of, as described by some social commentators, an emerging 'snowflake generation' viewed as being less resilient and more prone to taking offence than previous generations.

QUESTION FOR STUDY AND DISCUSSION

1. Is there any difference between resilience, perseverance and endurance? If yes, how would you define them and how does this help us to grow and develop in these areas?
2. Would any of our personal and group spiritual disciplines benefit from a 'freshen up' to get us back into a regular and frequent pattern with them?
3. How comfortable are we with Paul's command/encouragement that we are to run with an attitude to win not just participate? How helpful is the analogy of the cycling team leader who to win has to completely rely on his whole team? Are there other analogies (maybe non-sporting if sport isn't your thing!) to help us understand what Paul means here?
4. Did any of the characteristics linked to the 'snowflake generation' resonate with you either within yourself or seen in others? How can we respond in the light of these passages?
5. 'I'm tired' is often the answer given to 'How are you?' How can we recognise the reality of this alongside the promise of Isaiah 40:31 that we can run (cycle) and not be weary without it ultimately becoming a discouragement?