



Run the Race

August 31-September 1, 2019 | Kevin Queen

This weekend, our guest speaker, Pastor Kevin Queen, encourages us as we run our race of faith.

CELEBRATE

At the beginning of your small group time, it's good to share about your week and share with each other how you're doing. So, spend some time, right now, connecting before jumping into the discussion questions. You can use the *Connect* section as a guide. If you're doing this Study Guide on your own, take a moment to focus your mind on God and what He might want you to hear today.

CONNECT

1. Talk about what exercise looks like in your life. Do you love it or do you dread it? Why?
2. What would have to be at a finish line to convince/motivate you to run a marathon? Maybe it's \$1,000,000 or a lifetime supply of pizza. Talk about what would make it worthwhile for you to run.

Before watching the sermon, or moving on in this study, take a minute to remember that God is always with you. Pray as a group for God to bless your conversation and open your eyes and hearts to what He wants you to hear.

REFLECT

Before moving forward in your study, take a moment and review the key points from this weekend's message.

1. A life of faith is more like running a marathon than a sprint.
2. We have a cheering section in our faith run.
3. What we fix our eyes in is what we want more of.
4. It's important to release the things that tangle us so we can be all that God intended us to be.
5. Jesus must be what we fix our eyes on in our journey.

SCRIPTURES USED IN THE MESSAGE: 1 Timothy 4:7-8; Hebrews 3:13, 12:1-3; 1 John 1:9

RESPOND

1. Talk about a thought, phrase, or moment from this weekend's message that resonated with you. How come?
2. Think back to a time when you participated in a sporting event or competition. What was your proudest moment upon the competition or completion of your goal? If you can't think of one, talk about a time you might have given up or quit midway through. What did that decision look like for you?
3. Read Hebrews 11:24-29. Read slowly and out loud, if possible. This passage remind us of Moses' perseverance as God called him to lead the Israelites out of slavery in Egypt. The journey was a long, painful and challenging one. For the Israelites, it was more like running a marathon than a sprint. Think back to a time you felt a little bit like the Israelites. When was a time where you were on a long journey, and couldn't clearly see the end? What was that like for you?
4. Pastor Kevin talked about the things we can get *tangled up* with... the things that can hold us back if we're holding onto them during our run. Think about a burden you've carried around, or maybe are carrying around right now. How is that making it more difficult for you to run your race?
5. Pastor Kevin told us that we have a cloud of witnesses cheering us on in our race. Those words of encouragement can even help us become *untangled*. Talk about a time when you had someone encourage or cheer you on while you were going through a difficult season. Who are some of the people you usually lean into in times like that?

6. Life can throw *tangling* things at us all the time. It makes fixing our eyes on Jesus all the more challenging. With that in mind, think about how often you spend with Jesus on the forefront of your mind. It's probably not 24/7 for most of us. What are some daily distractions that can make it difficult for you to maintain focus on Jesus?
7. When we fix our eyes on Jesus AND have encouragement from those around us, the Spirit of God within us becomes unstoppable. Think about one thing you could do this week, maybe a daily practice, that would challenge you to focus on Jesus. Then, think about one person you could encourage this week. As we wrap up our time together, share a couple of the ideas that come to mind.

Closing Prayer:

God, thank you for walking alongside us. This week, we want to fix our eyes on Jesus as we run this race with endurance. Help us hear the great cloud of witnesses that you have cheering for us as we take each step closer to you. And give us the opportunity to journey alongside those around us who are in a difficult season right now. We love you.

Amen.