

HOUSEGROUP NOTES: Week Beginning 25th September 2016

RSVP - 'AN INVITATION TO COMPETE'

Read: (Hebrews 12:1-3)

ON YOUR MARKS:

Starting with the group leader and going clockwise around the room each one must come up with an Olympic sport. Anyone who can't think of one or repeats what has already been said must drop out until a winner is declared or war breaks out!

(Play as many times as you want using other categories like Capital Cities, Words ending in INE or Crisp Flavours – so you are truly primed to compete!)

GET SET:

Have a few people DESCRIBE the longest run, or walk they remember having and what they liked BEST and LEAST about it.

DISCUSS why you might think some are able to endure the discomfort of a long race while others don't? HOW might this translate to faithful Christian living?

GO:

Q. WHAT makes it hard to run faithfully in the spiritual race?

The followers of God in Hebrews 11 bear testimony about enduring faithfully with God.

Q. WHAT might the “champions,” listed below, say to us “runners” today?

WHAT would their message be to those of us still in the race? DISCUSS....

... **ABLE:** (11:4)

... **ENOCH:** (11:5-6)

... **ABRAHAM:** (11:8-10)

... **MOSES:** (11:24-29)

... **RAHAB:** (11:31) and **THE PERSECUTED:** (11:36-38) or others if you like.

Told that we are to throw off “*everything that hinders*” to compete in our race

Q. WHAT kinds of legitimate things might slow down and distract a Christian from being fully devoted to Jesus & able to compete in their marked race?

A PERSONAL THOUGHT :

Someone has pointed out that GOLD is just as heavy a weight as LEAD. If we are trying to carry the world's treasures while we compete in our race of faith we are going to get tired and be hindered in our growth in godliness.

Q. Is burn out a sin? HOW can it be avoided?

Q. WHAT do the following verses tell us about spiritual endurance?
(Luke 8:15 Galatians 5:7 Philippians 3:12-14 Romans 5:3-5 James 1:2-4)

Q. HOW does it affect our spiritual stamina knowing that Jesus runs ahead of us and that He endured the pain and shame of the cross?
(CONSIDER Hebrews 12:2&3 plus Philippians 2:1-8)

Q. HOW do we find the balance between our effort to run the race and God's power working through us? (CONSIDER Philippians 2: 12-13)

FINISHING WELL:

Q. WHAT moved the apostle Paul to press on all the way to the finish line?
(CONSIDER Acts 20:24)

Q. HOW did Paul encourage the Corinthian believers to "compete" well?
(CONSIDER 1 Corinthians 9:24-26)

Q. WHAT lies in store for those like Paul who finish their race? (2 Timothy 4:7)

R.S.V.P.

Take a moment to write out the finish to the following statements and then pray.

* The race that God has called me to run at this time of my life is.....

* The greatest obstacle I face when running the race is.....

* My prayer request to help me finish the race is.....

Shaun