

## Take A Breath "Week 2"- Scott Nickell

January-13-14, 2018

### Community:

1. What are your thoughts on running? Do you enjoy it or not?
2. What is one area of your life you desire to see growth in 2018, and why?

### Core:

1. **Read 2 Timothy 4:7.** What type of race and fight do you think Paul (the author) is referring to here? What kinds of *races* and *battles* are you currently dealing with in life...and how do you feel in the midst of everything?
2. Think about the things (and the people) in your life worth fighting for. Who (and what) are they and why are they worth fighting for? What do you think it's going to take for you to say, "*I have fought the good fight*" at the end of your race?
3. **Read 2 Timothy 4:3-4 and Galatians 5:7.** What do you think are some of the teachings in our culture and society that turn people away from God's Truth? Are you giving into any of these? What are some things that you feel stand in the way or *cut you off* from running the race that Jesus has for you?
4. **Read Hebrews 12:1-2.** Who do you think are the "*cloud of witnesses*" the writer here is referring to? What do you think we can learn from those who have gone before us and have run their own race in their faith?
5. Scott said, "*Your faith is worth keeping and your faith is worth handing off*". What does it look like, practically, to hold onto your faith—in this current season of life?
6. What do you think it looks like to hand your faith off to others? Who are the people in your life that you feel like you are supposed to hand your faith off to?
7. **Read Deuteronomy 1:31.** Looking back over your life, how have you seen God carry you in various seasons? What do you need from God in order to continue running the race He has set before you?

### Challenge:

Take some time at the start of this week and write down the areas of your life, and people that you see as worthy of fighting for, and spend some time praying; asking God for what you need to continue to fight for those areas.

Then, later in the week, write down the people in your life that you feel drawn to pass your faith on to and write down at least one action step you can take in order to do so.

