

## Take A Breath “Keep Running”- Ben Foote

January-6-7, 2018

### Community:

1. Did you end up making any New Year’s resolutions? If so, how have they been going?
2. Looking back over 2017, what were some of your favorite moments or memories?

### Core:

1. If you were to “take a breath” and look back over your life in 2017, what do you see? What struggles did you face...what *wins* did you experience...and where did you see God working in your life?
2. As we step into 2018, what emotions are you experiencing? Do you feel like the new year can be a fresh start for any part(s) of your life? Where do you feel like you need the strength to just keep running?
3. **Read 1 Corinthians 9:24-25.** What *prize* do you think Paul is referring to here? What are some of the *wins* or *prizes* you desire to chase after in 2018? What *wins* or *prizes* do you think Jesus is leading you towards in 2018?
4. How would you describe your current pace of life: too fast, too slow or somewhere in-between? What do you think needs to change about your pace in order to receive the prize that Jesus has for you?
5. **Read Hebrews 12:2-3.** What can these verses teach us about the character and nature of Jesus? What do you think it looks like, practically in your life, to fix your eyes on Jesus as you run the race that He has set out for you?
6. **Read Philippians 1:3-4.** What are the things (or the people) you are thankful to God for? What is the “work” that you think Jesus has begun in you and what do you think you need going forward from Jesus in order to continue to chase after Him in 2018?

### Challenge:

Take some time this week and to *take a breath* and spend some time reflecting on 2017—all of its’ challenges and victories. Write down what you saw God do in your life and what you feel like you learned from Him over this past year. Then, spend some time to write down your thoughts about 2018—what you feel like Jesus is leading you to run after...as well as what you are going to need from Him in order to run the race He has for you this year.

