

Life Group Notes / Keep Moving / 1.24.21

Icebreaker

Describe a funny time when you were literally/metaphorically “stuck”.

2 Timothy 1:8-18

What is one thing that stood out to you from Clayton’s message/our passage?

When you hear the phrase, “keep moving”, what comes to mind?

When you are suffering or feeling discouraged, what are some ways that you “keep moving”? What does our culture say?

Paul, in our passage, says keep moving:

- By the power of God **(v.8)**. How is the power of God counter-cultural? Why would this (the power of God) be our foundation?
- By His purpose and grace **(v.9-12)**. God has placed you here and now for a purpose. How is that encouraging?
- By faith **(v.13-14)**. Describe a time where you *felt* faithless. Knowing that God designed us to *feel* things, what role do our feelings play in our faith?
- By the faith of others **(v.15-18)**. How might the faith of others help us to “keep moving”?

How does the biblical perspective to “keep moving” differ from our culture’s perspective?

How has this perspective encouraged/challenged you in your suffering/discouragement?

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Men’s/Women’s Time

Have a time of **sharing** (i.e. Share highs/lows in this season, needs in your home/community, etc.).

Who do you know that is struggling? Write their name down and pray for them.

PRAY for one another.