

(in)MOTION

Week 1

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God."

Hebrews 12:1-2

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Week 2

And Jesus grew in wisdom and stature, and in favor with God and man.

Luke 2:52

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Week 3

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

Romans 8:1-2

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Week 4

For it is by grace you have been saved, through faith - and this is not from yourselves, it is the gift of God - not by works, so that no one can boast.

Ephesians 2:8-9

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Week 5

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. I am the good shepherd. The good shepherd lays down his life for the sheep."

John 10:10-11

Discussion Questions

What is this verse saying to you?

What kind of things are keeping you from living to the fullest?

What can we do to help each other through these "hindrances?"

Discussion Questions

What does it mean to grow in wisdom, stature, and favor with God and man?

How can you find wisdom, stature, and favor?

How can you use that wisdom, stature, and favor to influence others?

Discussion Questions

What did Jesus' sacrifice do for us to make Romans 8:1-2 true?

What kind of freedom have you experienced thanks to this?

How can you help others realize there is no condemnation when Jesus is in the picture?

Discussion Questions

What is the difference between what Eph. 2 says and what many people see Christianity as?

How has grace changed your life?

How can you share your faith in a way that shows the same grace you have been given?

Discussion Questions

How does the world try to keep us from living life to the fullest?

How has Jesus shepherded you through the world?

How can you help others see how life with Jesus is life to the fullest?

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Week 6

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.
Philippians 3:13-14

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Week 7

Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.
Matthew 9:35-36

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Week 8

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
Romans 12:2

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Week 9

"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.
1 Corinthians 6:12

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Week 10

Give all your worries and cares to God, for he cares about you.
1 Peter 5:7

Discussion Questions

What kind of things do you have to "press on" through?

What is the prize Philippians 3:14 speaks of?

How can you help yourself and others press on?

Discussion Questions

What do you think Jesus was thinking when he saw the harassed and helpless?

What is an issue around you that moves you to compassion?

What can you all do together to help the issue?

Discussion Questions

What are some consequences we face when we "conform to the pattern of this world"?

How can you renew your mind?

What would the world look like if everyone listened to this verse? How can you make that happen?

Discussion Questions

What do you do that isn't necessarily bad, but it prevents you from doing your best?

What could you be doing instead of those non-beneficial things?

What obstacles seem to be mastering your generation?

Discussion Questions

What does it mean to "give" God something?

Why does God want you to give him your "worries and cares"?

What would you gain by giving God control of all of your worries and cares?

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Week 11

Whoever believes in me [Jesus] will do the works I have been doing, and they will do even greater things than these, because I am going to the Father.
John 14:12

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Week 12

Though one man may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.
Ecclesiastics 4:12

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Week 13

You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.
Matthew 5:13

Discussion Questions

- What is one of your favorite things Jesus did in the Gospels?
- What kind of things have you done in your life to be more like Christ?
- What do you think Jesus meant when he said you would do greater things than he?

Discussion Questions

- What bad things can happen when you are alone?
- How can your friends help you from being “quickly broken”?
- How can you use relationships to help those who might be alone?

Discussion Questions

- What does salt do for food? How can you be salt to the earth?
- What kind of things can keep you from being flavorful?
- What “saltiness” can you add to the earth? What do you have to offer others?