

**Endurance - Part II – Through Us
Reflection and Discussion Questions**

Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So, we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.
(2 Corinthians 4:16-18)

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.
(Romans 12: 2)

1. After they had to abandon their ship, and it was clear they could not control the ice floes' movement, Lansing writes, "***More correctly they became aware of their own inadequacy, how utterly powerless they were.***"
 - a. Powerless. Inadequate. These are words we run away from but words that describe us as limited humans. Where have you been slow to accept the reality of your powerlessness or inadequacies in life?
 - b. What is the benefit of accepting these realities for believers? (Read 2 Corinthians 4:16-18)

2. As the gale picked up and it looked like they were making some movement to the north, the men were, "***Dismally uncomfortable, but radiantly happy.***" As the sun came out they emerged from their tents, and were "***glad to be alive***"(pgs. 136-37)

- a. The men were uncomfortable but happy because they were making movement. How do you think this affected their endurance?

- b. What movement have you seen in your life or in those around you this past year?

- c. Can you think of a time in your life when you were just happy to be alive?

- d. What were the circumstances surrounding it?

3. *“After a day of unrelieved monotony - he (Shackleton) took his space in the diary for the day and wrote – Waiting – Waiting - Waiting”*

- a. What is the benefit for Shackleton to record such words?

- b. What model does God give us in His Word to record or express our emotions?

- c. Are you inclined to write down your thoughts and prayers? Why or why not?

- d. Take a moment to record what you are feeling. The Lord loves to draw near to exactly where we are.

4. ***“We got quite homesick tonight from a smell from a piece of burning twig that we found (in some seaweed)”*** (page 141)
 - a. In this season of Covid, we have had to give up a lot of our “normal”, what are you most “homesick” for?

5. In our video Justin Early encourages us to consider our rhythms or practices within our home. Read 2 Corinthians 4:16-18 again.
 - a. What might you consider the world?

 - b. Where is it tempting to conform to the world in thought or deed?

 - c. Where would you want to change or be transformed?

 - d. What may help that process?

6. As we suffer and endure it becomes harder to remember the glory to come and the love our God intends for us to live in and out of. As the days wore on, Shackleton’s men struggled as well. ***“The men did what they had to do, but the raw edge of their tempers were beginning to show and there was a number of savage exchanges”*** (page 148)
 - a. This is natural in our families! And if you live alone - you may be hardest on yourself. What raw edges have you seen in yourself in this unorthodox season?

- b. Take a moment to confess your anxiety, anger, selfishness, idolatry to our Father.
 - c. Receive His forgiveness. Be amazed He holds nothing against you.
 - d. Is there anyone else to whom you need to ask forgiveness?
7. Lansing writes, the men “***struggled for months not to let hope creep into their minds***”(page 149).
- a. It’s tempting to want to regulate our hope and disappointment, where have you struggled to hope in this season?
 - b. How have you been encouraged to hope?
8. As the days dragged on one man from the Endurance wrote in his journal, “***Anything is better than inactivity***”. Another wrote, “***All topics (of conversations) being absolutely exhausted***” Shackleton was so bored he actually used sea blubber to oil the backs of the deck of cards!
- a. Do you resonate with the ache of monotony and inactivity during this time of being at home more? Where have your days dragged on during our Covid season?
 - b. What is within your control in this season?
9. Read 2 Corinthians 4:16-18 and Romans 12:2 again.
- a. What rhythms have helped you in other seasons to remember or help you orient toward the world to come, being transformed instead conforming to the world?

b. How have the habits in your household been forming you in this season?

c. If someone were to look at your house what kind of school would they say it is?

10. Justin Early encouraged the practice of self-reflection and gathering for a regular meal with those in your home.

a. How could you implement those practices in your context?

b. Are there any other practices God is moving you toward in this season?

11. What rhythms or practices would help lead to a softening rather than a hardening of your heart?

Spend a few minutes in silence with the Lord just listening. Share where you feel weak and powerless. Express your emotions. Re-read the scriptures at the top of the page slowly. Ask Him for the grace to move toward Him in your rhythms in life. Receive His grace He has extended through Christ's death and resurrection.