



BUILT DIFFERENT

Finish: Living the Lifestyle Follow through to the Finish

Daniel 12:13; Acts 20:24; 2 Timothy 4:7; Hebrews 12:1-3

These questions are provided to lead the group in *applying* the teaching from Sunday. Allow the Holy Spirit to guide you in being a doer of God's Word. Challenge each other and be vulnerable as God works IN and THROUGH you together.

1. Who has God placed on your heart to invite to The Table (1-Year Rally)? Have you had any table meetings yet (Church? Community? Cultures?)? If so, how's it going?
2. Of the 5 Essentials (Faith, Food, Fitness, Focus, and Friends), in which one(s) have you experienced the most growth over the past 40 days of this series? Which ones have been the most challenging? What are your plans for continuing your growth in your overall health?
3. Read Daniel 12:13. The angel tells Daniel that he will make it to the end and be rewarded. See also Acts 20:24 and 2 Timothy 4:7. Why is finishing the mission of Jesus so important? In what practical ways can overall good health more effectively help you accomplish this goal?
4. Read 1 Corinthians 9:24, Galatians 5:7, Philippians 2:16, and Hebrews 12:1. How is the Christian life like a race?
5. The author of Hebrews sees the men and women of faith who lived in the past (those mentioned in Hebrews 11 and others) as "a great cloud of witnesses" who surround us and cheer for us in the race. How are they examples of how to live a life of faith? How do they and other Christians who have gone before us influence your daily trust in God?
6. Explain each of the phrases below as they apply to an actual race and as they apply to you running the Christian race of faith. What practical action can you take to apply each one?
 - "let us throw off everything that hinders"
 - "let us throw off...the sin that so easily entangles"
 - "let us run with perseverance"
 - "let us run...the race marked out for us."
7. Read Hebrews 12:2-3. How does keeping our eyes on Jesus in our race of faith help us? See Philippians 1:6; 2:13. What did Jesus do and experience? What does Jesus' endurance produce in our lives? Where do you need to rely on Jesus' strength today?
8. Where would you place yourself right now in the Christian race: On the bench? Running steadily? Running but sidetracked? Running but ready to quit? Explain. According to this passage, what do you need to do in order to stay in the race (or get back into it) and live the lifestyle of the 5 Essentials?
9. How can this group pray for you and our church this week? Pray for people to invite to your Church Table, Community Table, and Cultural Table.



Recipe of
the Week



Movement
of the Week