



**THURSDAY 07.22.10**

**Hebrews 12:11- 13**

Our culture is learning more and more all the time that a healthy life requires a good diet and exercise. The market for diet supplements, exercise apparel and health clubs is growing rapidly. We know to enjoy life requires a healthy body. We also know that this takes discipline.

- What kind of disciplines do we need to have a healthy soul and spirit? Healthy relationships with one another and a church family? A healthy relationship with God?
- Looking at verse 11, how does setting a goal of “the fruit of righteousness” change what we work for, live for and struggle to obtain by “strengthening our hands and knees that are feeble”?

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**FRIDAY 07.23.10**

**Hebrews 12:14-17**

Essau was the oldest son of Isaac and heir to the promise. But he placed so little value on that promise that on a day he was hungry, he sold it for a bowl of beans. Hebrews uses this as an illustration to make us aware that many are tempted to sell that which is important for that which is not.

- Essau was disciplined when it came to hunting and fishing (Genesis tells his story). How might his life have been different if he was equally disciplined about spiritual and godly things?
- Sanctification (verse 14) is a work that God does in us. Why do you think that God might be more concerned about the work He is doing in us than what we want to accomplish with our lives? What do we need to change to line up God’s concern with our own?

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# GROW • PRAY • STUDY

A RESOURCE FOR DISCIPLES SEEKING TO LOVE GOD, LOVE OTHERS & SERVE THE WORLD ...

**Series:** *Why People Leave Church*

**Sermon:** *I'm Too Busy, and Weekends Are My Only Time to Rest*

**Scripture:** *John 15:4-5*

*Things I'd like to remember from today's sermon:*

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## Introduction

We live in an all consuming world — work, entertainment, communication, demands, expectations; our world seems to never shut off. We are told to set priorities of God, family and then work, yet it seems almost impossible to do. We get frustrated. We want to give up. We fail to keep our priorities in place, for when we let our guard down for a few minutes, the demanding culture we live in begins to take over. Our lives become like a closet that slowly fills up to overflowing with things that we wonder how they got there. What do we do? We know the word “disciple” extends into discipline, but we have yet to learn to practice our priorities.

Balancing the time demands on our lives may be one of the most difficult things we do. We want to get control of the hours God gives us, but other forces seem to be in control. What do we do? This week begin thinking about things we can change, give up, add, refocus, balance that will more clearly reflect the healthy Christian life we want to live.

May this prayer guide you:

***God, I ask you to fill me with the Holy Spirit, help me to see the changes I need to make, the activities I need to give up, the life I need to build, that how I live really reflects who I am as one of your children.***



## MONDAY 07.19.10

## Hebrews 12:1-3

The book of Hebrews was written to a church that was undergoing very difficult times. The result was that some were dropping out. The writer is encouraging the church family to stay connected to God and to one another in community, faith and worship. The “great cloud of witnesses” (verse 1) refers to the heroes of faith named in chapter 11 and all those who have gone before us who hung in there no matter what.

- What are some of the ways we can keep our eyes focused on Jesus? (verse 2) Why is it so easy to get distracted from that which is most important to us?
- What are some of the things we need to lay aside to run our race?

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## TUESDAY 07.20.10

## Hebrews 12:4-7

Sometimes we think of discipline as a negative thing, but if we believe that God loves us, any of His actions are for our good. Why is discipline, living in self-control by our Christian priorities, such an important Bible teaching?

- If God is our Father and we are His children, what kind of relationship might that look like? Does God have a purpose for us? Is He working in us?
- God is always about the relationship we have with Him, while often, we are only thinking about what He can do for us. How does discipline help you stay grounded in your relationship with God?

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## WEDNESDAY 07.21.10

## Hebrews 12:8-11

Look at the word “respect” in verse 8. Most believers know they are to love God, worship God and serve God. Why do we seldom consider “respecting God” as a key piece of our relationship with Him? Why might God even demand respect from those He created? Think of the words “a healthy respect!”

- Discipline, both that which we live by and that which teaches us, has a two-fold purpose as explained in verse 8:
  - For our good;
  - So that we might share God’s holiness.
- How much do we want to share in the holiness of God? Do we trust God to allow his definition of God to unfold in our lives?

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