



# HERE & NOW

Week 1

## BREAKING THE ICE

- What are you most excited for in 2024?
- What is something fun you plan to do this year?

## MAIN CONTENT

This week, Pastor Kevin spoke about running the race – not a physical race, but the spiritual race we as Christians are called to run. He quoted Psalm 119:32, “I will run in the path of your commandments, for you have set my heart free.” Races all have three things in common: a starting line, a finish line, and a marked-out course. You were created on purpose and for a purpose. God created you to run the race that He has set out for you.

1. What do you think keeps people from running their race?
2. What is the difference between trying and training? Why does it matter that we train instead of simply trying?

Sometimes, it is our past that keeps us from running our race. Philippians 3:12 says, “Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. 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.”

We cannot run our race with our heads looking over our shoulders looking back. Running our race also requires focus. What we are focused on affects whether we stay on course or not. When our eyes are on Jesus, our course becomes more clear.

Hebrews 12 says “Let us throw off everything that hinders and the sin that so easily entangles.” The enemy is going to try and use sin struggles and temptations to lead you “off-course.” He uses sin, but the devil also uses things that might not necessarily be sin, but are things that are still weighing us down (ie toxic relationships, binge-watching shows). The enemy will do anything to try and get our eyes off of Jesus and onto other things.

3. What do you need to leave in 2023?

4. What are some things that take your focus?

There are eight primary feelings that we as humans feel: hurt, lonely, sad, anger, fear, shame, guilt and glad. Many times, if we are feeling a negative feeling, we do not take the time to try and figure out what is going on inside. It is easier to distract ourselves. A lot of times these feelings can seem overwhelming, but we have a God who understands. He created those feelings. God has created us with such purpose, but our world today has made it so easy to distract ourselves from what the Lord has called us to do. Choose to look to Jesus in these times. Let Him speak to you because He has so much He wants to tell you.

5. Why is it easier to distract ourselves than deal with what is going on inside?

6. How do we practically fix our eyes more on Jesus than on other things in the world?

## CLOSING PRAYER

Lord Jesus, thank you for giving us purpose. God, in a generation of distraction and anxiety, I pray for focus and peace. Help us to fix our eyes solely on you so that the things of this world may fade away. Let us live with an eternal mindset, so that we may run this race well. We love you and we praise you Lord Jesus. Amen.

## ACTION STEP

- Take some time this week to sit in silence with the Lord, without distractions, so that He may speak to you.
- Take away one distraction this week, whatever that may be for you.
- Consider leading your own group this semester. Find more information and apply: [crosspoint.tv/group-leader](https://crosspoint.tv/group-leader)