

# SESSION 4

## SMALL GROUP GUIDE



## SMALL GROUP **A Focused Life**

### Getting Started

Intentionality is more than just wanting to win. It's about understanding your unique God-given purpose, and fulfilling it! Remember to give everyone in the group an opportunity to share. Let's start week four by answering these questions:

- How do you define intentionality in your life?
- What barriers or past pains hinder you from living with focus and passion?

### Watch The Lesson

Next is a space for notes, questions, and thoughts you want to share or remember. After watching the video, have someone read the lesson's discussion questions, then you can discuss them as a group. Remember to share the responsibilities of leading and reading each week.

## SESSION 4 **Video Notes**

**2 Corinthians 11:24-25** *Five times I received from the Jews the forty lashes minus one. 25 Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, (NIV)*

**1. Remember your** \_\_\_\_\_.





**Philippians 3:4-10** *though I myself have reasons for such confidence. If someone else thinks they have reasons to put confidence in the flesh, I have more: 5 circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; 6 as for zeal, persecuting the church; as for righteousness based on the law, faultless. 7 But whatever were gains to me I now consider loss for the sake of Christ. 8 What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ 9 and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in[a] Christ—the righteousness that comes from God on the basis of faith. 10 I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death,*

**Acts 9:15** *But the Lord said to Ananias, “Go! This man is my chosen instrument to proclaim my name to the Gentiles and their kings and to the people of Israel. (NIV)*

**Ephesians 2:10** *For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. (NIV)*

**2. Remember to \_\_\_\_\_.**

**Philippians 3:13** *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, (NIV)*

**1 Timothy 1:15** *Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. (NIV)*

**3. Remember the \_\_\_\_\_.**

**Philippians 3:14** *I PRESS on toward the GOAL to win the prize for which God has called me heavenward in Christ Jesus. (NIV)*

*Answer key: 1. identity, 2. forget, 3. goal*

## LET'S DISCUSS

Reflect on Paul's life, his challenges, victories, and his drive for intentional living.

Read **Philippians 3:13-14 NIV** as a group:

*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, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

1. What goals have God set before you, and how are you pressing toward them?
2. How does Paul's perspective on running the race inspire you in your personal journey?
3. What steps can you take to be more intentional and purpose-driven in your life?
4. How can leaving the past behind pave the way for a brighter future?
5. What are some things from the past that are hindering you from moving forward and growing in your relationship with God?
6. How does forgiveness play a part in leaving the past behind? Is there anyone in your life you need to forgive?





Read **Hebrews 12:1-2** as a group:

*Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*

7. Are there specific weights or sins in your life that easily ensnare you as you run your race? How can you lay them aside?
8. These verses emphasize "looking unto Jesus." When faced with life's distractions or discouragements, how can you redirect your focus onto Christ?
9. How does it resonate with you that Jesus is described as the "author and finisher of our faith?" In what ways does His example provide direction and encouragement in running your race with endurance?

## GO TO GOD

Just as Paul turned to God for strength and clarity, let's also seek Him in our journey of intentional living. God, our Master Watchmaker, knows our purpose and desires for us to discover it.

### **Consider the following as you spend time with Him this week:**

1. What weights from your past do you need to lay down in order to seek freedom and healing?
2. What is God's unique purpose for your life?
3. Pray for someone else, asking for God to help them in their challenges and trials.
4. Express gratitude for the race set before you, trusting that He who began a good work in you will complete it.



