



- Endurance Training -

Ice-Breakers:

- We've all quit something we wish we hadn't quit. Scroll back over the course of your life and think about a time when you stopped something midstream. Maybe you quit on an educational or business opportunity. Maybe you feel like you quit on a friend or a spouse. Maybe you feel like you quit on God. Share this experience with the group and also share the feelings of regret and remorse that accompanied that decision.
- Do you believe our culture today promotes a lack of endurance? If so, cite examples.

Discussion:

1. Read Genesis 6:5-8
 - How can God repent or "be sorry" if He knows the future in advance?
 - The Stoics of Greece believed that in order for God to be perfect, He had to be without feeling, because they thought 'feelings make someone weak.' Do you consider emotions to be a weakness or a strength (or both)?
 - How does pondering God's emotional nature affect your view of Him?
2. Read Genesis 6:13-14 – Listening to God. What are some different ways that God speaks to His people today?
3. Read Genesis 6:22; Luke 12:48b – Obeying God. Why do you think obeying God in the little things of life is so crucial?
4. Read Genesis 7:12 – Waiting on God. All total, scholars believe Noah spent 377 days on the ark. That's a long time to wait. How would you advise someone who is struggling with patience?
5. Read Genesis 8:20-21 – Honoring God. Noah made a sacrifice to honor God. How might we honor the Lord in our lives?
6. Read Hebrews 12:1-2.
 - What "encumbrances" in life most easily entangle you from your ultimate goals?
 - How does fixing our eyes on Jesus help us to "run with endurance the race that is set before us"?

Application:

- Where have you given up [job, school, marriage, exercise/diet, a dream, ministry, other], and how can you re-engage and trust God to give you the endurance to finish the race?