



## APRIL 2019 ARISE & SHINE

### Scripture Focus

Hebrews 12:1 “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us” TPT

Hebrews 12:2 “We look away from the natural realm and we fasten our gaze onto Jesus who birthed faith within us and who leads us forward into faith’s perfection.” TPT

### The Big Point

Arise and run your race in your lane! Do not look to your left or to your right. Rather, stay focused on your race. We cannot run our race if we are entangled by the things that hinder us. We may fall and we may stumble or even fail but that will not determine who you are. When we arise from that fall that is what determines who you are in Christ.

#chosen #arise

### Let’s Pray

Lord, thank you have given us the power to overcome strongholds. Thank you that we can take captive our minds and focus our thoughts on truth, mercy, and everything good. I believe we are who you say we are in Christ Jesus. Let us arise and break all strongholds that are keeping us from moving forward in your perfect will for our lives. Help us to run our race in our lane for your glory. In Jesus name we pray – Amen.

### Discussion Items

***HOW* can You run *Your* race? By the renewing of your mind.**

1. Capture destructive thoughts and strongholds.
  - a. 2 Corinthians 10:3-5 “For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” NIV
  - b. You cannot move forward if you are constantly looking back.
  - c. What are the strongholds in my life? Make an inventory. We have, through Christ, a dynamic power to overcome these strongholds.
2. Fix your thoughts on spiritual things.
  - a. Philippians 4:8-9 “So keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always. Follow the example of all that we have imparted to you and the God of peace will be with you in all things.” TPT

Genesis 50:20 “You planned to do a bad thing to me. But God planned it for good, to make it happen that many people should be kept alive, as they are today.”

Ps. 37:3-4 “Trust in the Lord, and do good. So you will live in the land and will be fed. Be happy in the Lord. And He will give you the desires of your heart.” NIV

2 Samuel 22:3 “He is my God, my rock, where I go to be safe. He is my covering and the horn that saves me, my strong place where I go to be safe. You save me from being hurt.” NIV

Isaiah 54:17 “No weapon formed against me will prosper.” NIV

### **Discussion Questions:**

1. All of us are going to fail at one time or another. No one is perfect. How many of you have failed at something in a very public way? How did you handle that situation?
2. 2 Cor. 10:3-5 talked about waging war not as the world does. How do Christians wage war differently than those in the world?
3. Satan knows your name but calls you by your sin. God knows your sin, but calls you by your name. Have you ever felt your sin is too big?
4. There is power or death in our words. Paul wrote from Prison about fixing your mind on what is good, true, and worthy. What do we fill our minds with? What do you read, what do you view on television? What worldview do you passively absorb from the culture? At times, it is incompatible with God’s view. How do you navigate all of the worldly things coming at you daily?
5. If we are not to compare ourselves against one another, then upon what standard are we to evaluate ourselves? How can you be sure you are comparing to the right standard?
6. Bianca said, “Truth has the power to transform lives. Sometimes you have to fake it before you feel it.” Have you ever felt that way?
7. Have you ever nurtured a grudge or hurt?