



“7 Lessons from 7 Marathons”
Special Guest – Pastor Matthew Barnett
7.13.2019

USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures references in the sermon and some discussion questions for you to use to facilitate a discussion.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together.

While the questions are important, remember your group’s goal is not to get through the questions, but to create an atmosphere that will foster true friendships. Use the discussion questions as you see fit but emphasize the relationships.

[Philippians 4.13]

I can do all things through Christ who strengthens me.

Seven Lessons from Seven Marathons on Seven Continents—

- 1. Progress isn’t always about moving fast; it’s just about gaining ground. (Keep your feet moving when you’re running against the headwinds of life.)**

2. Seize the moment when it's there. (Celebrate the moment we're in.)
3. Family and friends can make you perform at a higher level. (Create a home-court advantage.)
4. Sometimes you need a good breakdown to get to your breakthrough.
5. Don't worry about how far you have to go. (Break down the vision in front of you into bite-sized pieces. Take one lamppost at a time.)
6. God will send you angels of mercy along the way.
7. God can take you from the lowest of the lowest to the highest of the highs. (He's just getting started.)

For Monday—

1. Surround yourself with people in the House of God; Get to church whenever the doors are open.
2. Write down landmarks of God's faithfulness in your journey.

TALK IT THROUGH

1. Pastor Matthew Barnett shared the details world marathon challenge experience. Which story was your favorite, and why?
2. When have you experienced something that defies what others know as reality?

3. **“God doesn’t destroy people in rock bottom, he recreates them.” How does this inspire you to not give up? What is your dream?**
4. ***Family, friends and a church can help you perform at a level that you didn’t think you were capable of.* What areas in ministry are you connected with, and have you built community with them? Do you have some positive, grounded friends outside of church? Share some personal experiences how your friends and your church has helped you perform and accelerate.**
5. **Who are some people that your journey has empowered?**
6. **What are some “checkpoints of blessing” that have shown you that you’re so close to your miracle?**
7. **What is a next step you can take now to get closer to your breakthrough?**