**Take Heart – Endurance**

**Week of 5.15.16 | Talk It Over Discussion Guide**

Talking through the message during the week and in the Life Group context helps you turn what God is saying to you into action steps. These discussion points, questions, and scriptures are designed to help you take the next step. If you’re leading a group through this guide, don’t feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

Watch [Take Heart Part 7](https://www.youtube.com/edit?video_id=72dmLZXyevk) on New Life’s YouTube Channel.

**Galatians 6:9, Hebrews 10:36, and Luke 8:15**

1. Talk about a time that you had to endure something and there was a positive outcome. What did the Lord teach you? How did you grow? In what way did your roots deepen in Him?

**Read James 1:2-4, and 5:10-11**

1. Hupomone is cheerful or hopeful endurance. How is the different from the typical view of endurance.
2. Why can we “count it pure joy” when we are going through testing?

**Read Hebrews 12:1-2, & I Timothy 4:7-8**

1. Discuss this statement - “The only way to get endurance is to endure”.
2. Finishing the race is a priority in God’s heart. How do we exercise ourselves to godliness in order to train to finish?
3. Which is of these points about exercise (gymnazo) stands out the most to you and why.
   * Stripping down/simplifying.
   * Repetition, intentionality.
   * Vigorous. Wholehearted.
4. The secret place/prayer closet is a vital area for exercising to godliness. How would you like to see this area grow in your life?

**Prayer Response** Have a time of prayer ministry in response to what was shared in the discussion.