



THEME:

Soul-Level Endurance + Stamina > James 1:2-4, **Romans 5:3-5**, Galatians 6:7-10, Proverbs 4:23

CONVERSATION:

1. Can you name any good movies that are all about Comfort + Safety? How about **Danger + Sacrifice**?
2. Have you ever gone through something difficult - a struggle that taught you a lot & changed you?
 - a. How does struggle change us?
3. Check out **Romans 5:3-5** >

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, 4 and endurance produces character, and character produces hope, 5 and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

 - a. Our physical stamina is a very real limitation - it determines where & how far we can go. What kind of places could **low spiritual stamina** keep us from going?
 - b. When we're out of shape physically - it's usually because we've found a way to avoid strenuous activity. When we're out of shape spiritually > what kind of activities are we generally finding a way to avoid.
 - i. Why do we avoid these?
 - ii. Is it just hard for us to really care about growing spiritually?
 - c. What kind of **hope** is Paul talking about here? (this hope that doesn't put us to shame or let us down)
 - i. Are there things we regularly put our hope in that do put us to shame & let us down?
 - ii. After they've let us down > do we stop putting our hope in them?

RESPOND:

What's one **soul level struggle** we've been avoiding that we can start to climb this week?

How can we "spot" & encourage one another as we attempt to climb the difficult things in our heart?

Pray for each other

- > pray about needs you have this week
- > pray for the wisdom to not only recognize the things that matter most (a compass that works) but also the courage + conviction to stay the course even when it's difficult & sketchy.