



Journey Group Lesson for “When You Feel Like Quitting” – May 2, 2010

Getting Started (Everyone Answer)

Think about a time when you thought about quitting. What did you think about quitting? Did you quit? Why?

When you first decided to follow Jesus, did you assume it would be a “bed of roses”? Was it? Why or why not?

What have you learned about the cost of following Jesus since then?

Digging Deeper

Read 2 Timothy 1. If the Christian life is a race, have you ever felt like quitting? If so, when and why? What were the circumstances? What helped you most in getting through the difficult time?

Timothy was young, physically sick, shy, and had been given a difficult assignment. Are there ways in which you can identify with Timothy? How so?

Paul asked God to give Timothy three blessings (vs. 2) (*Grace - God’s worth to the worthless. Mercy - God’s help to the helpless. Peace - God’s rest to the restless.*) Which do you think you need the most? For which are you most grateful?

One of the things Paul told Timothy to encourage him was that he needed to remember his spiritual heritage. Who did Paul remind Timothy of (vs. 5)? What is your family’s spiritual heritage? Describe your background.

Read Hebrews 11. Name a character from the Bible that you identify with. Why? What lessons have you learned from the person’s life? How does knowing they stayed faithful encourage you in your walk?

Bringing It Home

If you put together a list of those who invested in you, what names would it include? How have they invested in you? Whose list might you be on someday?

Write a note of thanks to someone on your list and send it to them. If they have already passed away, write a prayer of thanks to God for these people.

Homework - “Digging Deeper” worksheet.

Prayer time