



WEEKEND RESOURCES | SEPTEMBER 10, 2023

Belay On | Switchbacks

USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE IN YOUR PERSONAL STUDY TIME OR WITH YOUR GROUP.

Message Recap: The Switchbacks are there to help ease you along the trail, but it can feel like you're not making progress because it feels like all you're doing is going back and forth and not moving forward. And this is where a lot of Christians stall out. But what if you continue moving forward? Even though the Switchbacks feel mundane, look back down, and you see the progress you've made.

» Main Points

- Clarify your destination.
- Clarify your path.
- Clarify your reward.

» Getting Started

- Describe a time when you have felt stuck in the middle of something and didn't know what to do to keep moving forward.
- How did you finally take a next step to get unstuck?

» Observation

- Read and reflect on [2 Corinthians 4:16-18](#) (NLT)
- What are your initial reactions to this passage? What do you find challenging? Are you encouraged by any of these verses? Why?



- Sometimes life is just difficult. Take some time to check in with your neighbors, everyone needs some help at times. Find out if there is a way that you can make life a little easier for one of your neighbors.



- Reread 2 Corinthians 4:16-18. What are some of the troubles you are facing right now? How does it make you feel to read that "our present troubles are small and won't last very long?"
- In the passage, Paul discusses fixing our eyes "on things that cannot be seen." What was Paul talking about?
- The Switchbacks can be exhausting and feel unrewarding. How can you remain committed to taking next steps and continuing to grow, even when it feels mundane?
- When you feel stuck, try something new. List how you currently SERVE, GIVE, READ your Bible, PRAY, and WORSHIP. Then, consider how you can attempt a different approach.



- Perseverance is a really important thing for kids (of all ages) to learn and practice. Take some time this week to share stories of perseverance with your family. What hard things have you had to work through or overcome?

» Next Steps and Prayer

- Take the Growth Trek Self-Assessment this week at ehills.org/weekend.
- Spend time this week answering these questions: What's your destination? What's your path? What's your reward?
- Close by praying that God would give you clarity about what's next for you.