

THE IMPORTANCE OF PRACTICE

Hebrews 10:23

“Let us hold on to the confession of our hope without wavering, for He who promised is faithful.” - Hebrews 10:23

As your group time begins choose one or more of the following questions to tip off the discussion:

Are you a fan of NCAA Basketball? If so, What team do you pull for?

What emotions or attitudes come to mind when you hear the word “practice.” Explain.

When have you had to practice hard for something? What was the end result worth the practice?

The writer of Hebrews was pointing out the importance of practicing one’s faith, and the reason why was rather simple. If you don’t practice, you start to lose your skills. You’re not quite as sharp and strong as you once were. And when it comes time to perform, you’re not game-day ready. Our passage today encourages us to hang on to Jesus and keep putting into practice the disciplines He taught. We need the same encouragement today!

Practice is important because it helps us **ENDURE**. **Read Hebrews 10:23 together.**

What have you endured in life? What were you holding onto that allowed you to stay the course?

What is our passage saying we must hold onto, or “keep a firm possession of,” that we might endure in our walk with Christ? What does that mean to you?

We practice in sports and exercise our mind and body that we might endure to the end and receive the reward. How might we exercise our faith so we won’t waiver in it?

Practice is important because it also helps you **REMEMBER YOUR POSITION**.

Have the circumstances of life ever steered you in a direction you didn’t think you would ever go? How have you forgotten your position?

Read **2 Chronicles 20:14-17**. What was Jahaziel telling the people of Israel to do under the circumstances?

What are you going through in life now that you may need to hear this same reminder?

Read **2 Corinthians 1:21-22**. What does it mean to have God's "seal of ownership on us?"

If the Spirit is merely a deposit in our life, what more do we have to look forward to as believers? How does this help us stand firm and remember our position?

Finally, practice is important because it helps us **LIVE WITH CONFIDENCE.**

Have you ever had a false sense of confidence, or manufactured confidence to get through something? Explain.

Is your confidence in the right place? Read Paul's words in **Philippians 3:3-11**. From where did his confidence come prior to knowing Christ?

Why don't we have to fake confidence as children of the King?

Pray:

As you close your time together pray that God would help you focus on the spiritual disciplines necessary to endure this life of trouble. Pray that He would give you confidence in your faith and relationship with Christ as you remember your position in His family and in His Kingdom. Surrender the areas of your life to Him that are holding you back from following Him and move forward knowing His name is sealed on your heart, reminding you of your worth!

Connect:

Listen to the song "Sons and Daughters" by Brett Stanfill. Find comfort in knowing He chose the lowly and the weak to carry out the great mission of salvation...and we are called His own! You are close to His heart despite any shortcomings and he will never forsake you! Be reminded that you belong to Him!