

## SMALL GROUP STUDY GUIDE

Message Series: RUN  
Message Title: Second Wind  
Speaker: Pastor Kevin Queen  
Date: July 2, 2017

### **Icebreaker:**

Has your GPS ever failed you? How did it feel to be in an unfamiliar place with no way to know where you were going?

### **Message Overview:**

This week's message was the second in a two-week series in which Pastor Kevin Queen (KQ) taught on running the good race. Last week, KQ taught us to hit our stride. In order to hit our stride and maximize our potential, we need to let go of what is holding us back: everything that hinders and the sin that entangles, and fix our eyes on Jesus. He reminded us that we have a cheering section, and encouraged us to cheer others on in their race. ("Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles." Hebrews 12:1) This week, KQ encouraged us to run the race that is marked out for each of us.

### **Discussion:**

(Leaders: The questions that follow are designed to stir reflection and discussion on this week's primary message points. Please read through them prior to your meeting, so you can be prepared to prayerfully pace your group well. And remember, as leader, your goal is to promote increased *biblical* awareness, as well as individual *self* awareness – a combination that with the help of the Holy Spirit, results in revelation and...transformation!)

#### **1. Run your race.**

If you want to hit your stride and maximize your potential, you've got to run your race. Read **Hebrews 12:2**. "And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

- Do you believe God has designed a race for you, and that he designed you to run that race?  
Read Jeremiah 1:5a. "Before I formed you in the womb I knew you, before you were born I set you apart . . ."

God planned your life. He gave you specific and unique gifts to position you to do the specific work he has designed for you on your race.

KQ said that sometimes, we treat God like Google Maps. We go to God for specific direction on turn-by-turn directions like a GPS. We turn to God for major decisions, but if we are to know

what our purpose—our race—is, we need to not just go to him when we need help, we need to keep our eyes fixed on Jesus. God doesn't want you to use him just as a map, God wants a relationship with you. If we pursue God, his plan will unfold and opportunities will open. It is in relationship that we find our race, and we become the person God created us to run that race.

- Do you wish that you better understood what your specific purpose is? What is one thing that you could change in your life to deepen your relationship with God?

## 2. Find your pace.

If you want to hit your stride, you need to run the race at the pace that God has set for you. We compare our race with others, and we often struggle with where God has us. If you compare your calling and God's timing with others' races, you take your eyes off of God and what he has called you to and instead set your eyes on envy and discontentment. We have to let God train us and prepare us for our race, *in his timing*. God builds perseverance in times of waiting. KQ said that perseverance means "to remain" and "under pressure." Perseverance is the ability to remain under pressure.

Read Isaiah 40: 30-31. "Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary they will walk and not be faint."

Basketball coach Pat Summitt had a motto: "Left foot, right foot, breathe."

- Are you dealing with pressure or opposition that seems too difficult to bear? What do we do when we take the steps that God has called us to take, but we feel that we can barely breathe under the pressure?

Read Hebrews 12:3. "Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart."

Jesus Christ ran the race, and "It is finished" (John 19:30) on the cross. We are still running our race, and he is that breath for us. When we look to him for our strength, we receive what we need.

Read John 20:21-22. "Again Jesus said, 'Peace be with you! As the Father has sent me, I am sending you.' And with that he breathed on them and said, 'Receive the Holy Spirit.'"

The Holy Spirit was given as our second wind. God wants us to receive power for this race. He has filled us with His Spirit. When we take a step, He is our breath.

- Take a moment to stop, close your eyes, and take a deep breath. Say a prayer as you breathe in and out: "God, fill me with your Holy Spirit." Take another breath, and say, "God, thank you for the power and strength to run the race you have given me." Take a moment to ask Jesus to help you face opposition as he faced opposition.

When you consider the opposition, you lose heart and you grow weary. But when we “consider him,” we grow **heart** and we lose **weary**. God wants to give you a second wind, to wait upon him and renew your strength. So instead of considering the opposition, consider HIM and the victory that he has already won for you.

- Would you share with the group an area where you need to grow in heart and lose weariness? How can we pray for you? Let’s be each other’s cheering section!

**Wrap-Up/Close:**

- Read Isaiah 40: 30-31 again. Pray for God to give each person the ability to live out “right foot, left foot, breathe.”

**Throughout the Week: (Optional)**

- Practice breath prayers this week. Begin with a prayer for the Holy Spirit to fill you, followed with a prayer for God to empower you for your race. Breathe prayers throughout the week.