

Discussion Guide

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Training Day WK2

There's Still Time

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Main Idea

Being a follower of Jesus is not a passive commitment; it is a call to become something more, something greater. So, what kind of athlete do you want to be in this race of faith? Do you want to be someone who quits when the going gets tough, or someone who is committed to a purpose greater than yourself? The road may be rough, but through endurance, we press on toward the prize of eternity with Christ. Let us embrace the call to live a life marked by training, sacrifice, and the unwavering hope that God is with us, even in our hardest moments.

Anchor Passage

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work. (2 Timothy 3:16-17, NIV)

Read 2 Timothy 2:1-13

1. Get Off The Sideline

Be strong in the grace that is in Christ Jesus. God's grace gives us boldness and confidence, just like an athlete equipped for the game. Don't let fear hold you back from stepping out in faith—God's grace is your protection, your second chance, and your hope for tomorrow.

Question: How does God's grace give you the boldness and confidence to move forward in faith, even when fear or failure holds you back? What does a "championship mindset" look like in your walk with Jesus, and how can you keep pressing forward after setbacks or mistakes?

2. The Real Season Is The Off-Season

Strength is built in the off-season, not just on game day. While Sunday inspires and equips you, it's what you do Monday through Saturday that determines your growth. Read: Hebrews 12:1

Question: What are some "weights" or distractions in your life that may be slowing you down in your spiritual race, and how can you work to remove them? How can you apply the concept of "off-season training" to your daily life and faith journey between Sundays? What are some practical steps you can take to grow spiritually throughout the week?

3. The Power Of A Time Out

Just as athletes use the off-season to build strength, we must stir up our faith between Sundays. Faith grows through consistent worship, community, and action. Even in the tough moments, when it feels like the game is over, remember—there's still time on the clock.

Read: 2 Timothy 1:5-7, 2 Corinthians 13:5

Question: How can you actively "stir up" your faith during the week, outside of Sundays, to stay strong and focused on God's purpose for your life? When you face challenges or "timeouts" in life, how can you respond with greater passion and zeal for God instead of becoming discouraged?

SUMMARY

What does it mean to you to be a true follower of Jesus? In our journey of faith, growth doesn't just happen on Sundays—it's built through consistent "off-season" training: stirring up our faith, aligning our lives with God's Word, and pressing forward with passion. Even when challenges come or we feel like we're out of alignment, God uses those moments to position us for victory. The devil can't stop God's promises, and if you're still breathing, there's still time on the clock. No matter where you are, God's grace gives you one more opportunity to get back on track. So, stay strong in His grace, knowing that with Jesus, you always win and have the chance to finish strong.

CALL TO ACTION

Commit to Daily Off-Season Training: Just like an athlete trains consistently, commit to strengthening your faith each day. Set aside time for prayer, Bible reading, and reflection

during the week, not just on Sundays. Take practical steps to remove distractions or "weights" that hinder your spiritual growth.

Stir Up Your Faith in Community: Stay connected with fellow believers through worship and community. Find ways to encourage one another and actively stir up your faith, whether through small groups, accountability partners, or shared activities that strengthen your walk with God.

Embrace Life's Timeouts as Opportunities: When life presents challenges or moments of setback, view them as opportunities to realign and refocus. Don't let discouragement settle in; instead, press into God's grace and use those "timeouts" to refresh, grow stronger, and refocus on the race set before **you**.

GROUP LEADER RESOURCE

Icebreaker: Chart Your Faith

Give your group members pens and paper. Ask them to draw a line that represents the movement of their spiritual journey—showing both the high points and low points in their walk with God.

Invite everyone to reflect on significant moments in their lives and mark these moments along the line they've drawn. These might include times of spiritual growth, times of struggle, moments of clarity, or seasons of doubt. Encourage them to think about both the "off-season" training (daily growth) and the "game day" moments (spiritual breakthroughs) in their lives.

The lines might look jagged, smooth, or curved, symbolizing the ups and downs of the journey. At least five points should be marked to represent key seasons or events in their faith. They can write a phrase or draw a symbol that represents those moments—whether it's a time of victory, challenge, growth, or even a "timeout" season.

After everyone has drawn their lines, ask them to share the key moments they've marked, explaining what those points represent in their spiritual journey. How have those moments shaped their faith, and what lessons have they learned along the way?