



Changing Thoughts in Changing Times: Carry On | October 28, 2020 Discussion Guide

The Scoop

What would your theme song be for 2020? What does God want your theme song to be? How are we meant to approach a season like this and be ready for the season that's coming next?

Key Verses

Philippians 3:12-14 (MSG)

I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back.

Discussion

If you could give 2020 a theme song what would it be? Depending on what you're currently experiencing you may pick a song like "Boulevard of Broken Dreams" by Green Day; or if you lean towards hope you may choose a song like "Carry on My Wayward Son" by Kansas. The truth is everyone faces difficulty and every difficulty has its season. Labeling the difficulty with something like a song lyric to express how you feel can be helpful in managing it.

1. What song would you choose to describe 2020? What aspects of this song makes it an accurate representation for this year?
2. Have you ever had any other songs that got you through a tough time or a song that marks a significant moment in your life?

There are certain seasons to life, and to be clear, this isn't intended to minimize or trivialize real hardship and pain. But rather our goal is to lean into a hopeful perspective gained from the Bible. Each season comes to pass with time, the storms in our life begin to lose their power when we can see that there are moments of sunshine and certain rhythms that remind us that the sun will rise and set. The Bible gives us distressed accounts from Moses, Elijah, David, and Paul, who all struggled with many of the similar afflictions and troubles that we face today. If we can adjust our focus and focus on an understanding that these seasons of struggle come and go while God remains present in good and bad.

3. When was a time in your life that you have faced a difficult season?
4. Are there any specific things you did to overcome? Where did you turn for support, peace, healing, comfort, etc.?

The Apostle Paul provides us many accounts of the difficult seasons in his life, yet none of his hard seasons were able to hold him back. In Philippians 3:13, he says, "By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back." Much like Paul, we too can take actions to focus on what is ahead and choose not to dwell on things that will detract us from hope and steal our joy.

5. What might be something right now that you could benefit from leaving in the past? What is one thing in your future that you can look forward to?
6. How may you invite God into your plans? How might you include Him in moving away from or even letting go of hardships in your life?

What's Next?

This week in our faith, as some seasons end and we enter into others, lean on God for perspective. Talk with Him about the struggles and fears you have. Consider looking for a song or quote to help you find the words and keep a hope-filled perspective.

You can find a template of our 5-minute faith journal at faithinfive.com to further engage your goals and connect them with your faith.