



10 Second Rule: Begin Again | July 6, 2017

Discussion Guide

The Scoop

Life is not a pass/fail endeavor. In fact, it's more of a learning experience. When it comes to our faith, we have the opportunity to begin again each day.

Key Verse

Romans 7:21-23 (MSG)

It happens so regularly that it's predictable. The moment I decide to do good, sin is there to trip me up. I truly delight in God's commands, but it's pretty obvious that not all of me joins in that delight. Parts of me covertly rebel, and just when I least expect it, they take charge.

Discussion

Inevitably, life has a way of tripping us up. We are sure to fail and to break the trust of those who have placed it in us, and they assuredly will do the same. This could be the end of the story, but it doesn't have to be. If we allow us to wipe the slate clean...broken trust can provide an opportunity to earn a stronger and deeper trust in the end.

1. Do you ever find yourself doing something you know you aren't supposed to? What consequences has this had on you and/or those around you?
2. Do you recall a time when you broke the trust someone had placed in you? Do you remember a time when someone broke your trust? If so, did either of you allow the other an opportunity to regain that trust?

"The 10 Second Rule" as described by Clare DeGraaf, provides us with an opportunity for imperfection. We may screw up trying to do what Jesus asks of us or maybe we completely miss the opportunity to act. "The 10 Second Rule" offers us the chance to dust off our boots, get back on our horse, and begin again.

3. Do you remember a time when you tried to do what Jesus was asking you to do and you made a mess of it or you didn't act at all? Did it discourage you from future actions? If so, why?
4. What are some tangible things you can do to ensure you will continue to try to act on the things you are reasonably certain Jesus is asking you to do?

In baseball great hitters fail 7 out of 10 times. Faith is not much different. We can fail again and again, but then respond well to Jesus one time and it feels like hitting a homerun. The key to this success is not the failure, but the continual effort to try again. The more often we live with this mindset, the more aware we become of the opportunities we have.

5. What are some things in your faith life that you feel like you continue to fail again and again at?
6. Can you recall an event in your faith life where you felt like you hit a homerun?

What's Next?

This week, as you live out your faith, if you fail or stop short, look for the next "at bat" Try again and pay attention to what Jesus is asking of you. "The 10 Second Rule" provides an opportunity to begin again easily and regularly.