

## SERMON STUDY NOTES

5<sup>th</sup> December 2021  
Speaker: Martin Armstrong

### The Journey Ahead.

1. Ps 90:10 tells us, that *the time on earth for most people is around 70yrs*. The little child says, *'When I'm big...'* then as a grown up, he says, *when I'm married*. Sometime later, his thoughts turn to *'When I retire.'* What have been the main seasons in your life?
2. We have seasons of joy as well as of sadness: things can suddenly change. Share with the group a sudden change you've experienced in your life.
3. Hebrews 12:1 describes life as a closely contested race. Share with the group a closely contested race you have been involved in.
4. 1 Timothy 4:7-8 Paul cautioned Timothy *to have nothing to do with godless myths or old wives tales; rather, train yourself to be godly. For physical training has some value, but godliness has value for all things*. Are you growing in godliness? How serious are you in your training in this?
5. Marathon runners reach a point of exhaustion called *'hitting the wall'*. Describe a time in your life when you were absolutely exhausted.

6. Hebrews 12:1 *throw off everything that hinders and the sin that so easily entangles*. What are the things that entangle you? What bad habits trip you up or distract you?
7. When we feel weak, irritated and worn out, it can be helpful to reflect on how Jesus went to the cross. How He suffered, so that we could live. Our trials are small compared to his agony. Focusing on His love, helps us to bring our selfish desires under control. Have you ever considered things in this way?
8. We can't successfully run forward if we're looking backward. An athlete who takes his eyes off the goal, loses direction & motivation. Describe a time in your life where this happened. Rate your passion & enthusiasm for the things of God on a 1-5 scale.
9. We each have our own lane to run in and our personal goals to attain. Athletes who don't play by the rules: get disqualified. Don't look for short cuts or ways of shirking our responsibilities. Discuss.
10. Near the end of Paul's life, he said in 2 Tim 4.7-8 *I have fought the good fight, I have run the great race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord the righteous judge will award me on that day*. Are you looking forward to the next life in the same way that Paul was?