

INTRO

In today's sermon, Brandon showed a clip from the Bluey episode Bike. In it we see Bluey and her friends struggle with different activities at the playground (riding a bike, climbing the monkey bars, putting on a backpack).

As you think about your childhood, what was something that you struggled with?

Did you find a way to overcome that struggle? Share that experience with your life group.

IDEA 1

"Each and every one of us is dealing with some kind of struggle. When we struggle long enough we begin to think, "...maybe this is just me." We grow discouraged. We settle. We give up. And we say we'll never get on that bike again."

What struggle(s) do you find yourself dealing with at the moment?

How would you describe what you are feeling in the midst of the struggle?

Brandon confessed that "sometimes I would rather be a quitter than a failure."

Does this confession resonate in any way with you? Why can being a quitter feel more appealing than being a failure?

What does your self-talk sound like when you are struggling?

IDEA 2

Read Romans 5:3-5

What is your initial reaction to these words from Scripture? Do they "rub you the wrong way?" What else do you notice about your response?

IDEA 2

Brandon explained that through these verses God is inviting us to learn to love the struggle, because the struggle makes us better. It also makes others around us better too.

How have you seen a struggle of yours make you better? How has someone else's struggle made you better?

What are the people around you learning from your level of perseverance?

Do you have a tendency to swoop in when you see others around you struggling or do you step back to allow them to work through struggles to grow for themselves?

SPIRITUAL PRACTICE

“And this hope will not lead to disappointment. For we know how dearly God loves us...” - Romans 5:5

God never defines us by where we've been. He loves us where we're at and cheers us on toward where we're headed. God loves you and is proud of you for getting back up. In other words, even if you never succeed, God loves you and is proud of you anyway.

Discuss as a group - What is your bike? What struggle do you need to face or re-engage with?

Now come before God together. With your struggle in mind, ask God - "would you reveal your love for me in the midst of my struggle?"

Pay attention to any words, pictures, Scriptures, feelings. After pausing for a while for God's response, invite your group to share about their experience as they feel led.

NEXT STEPS

Each time you encounter an ongoing struggle that you are facing this week, open up your palms to God and say “God, use this until you choose to remove this.”