

# ***STRETCH***

## **Reach for The Sky**

Philippians 4:4-13

January 26, 2020

**Opening Prayer:** As a group or a family pray that God will continue to show you ways in which you can stretch in your faith. Ask God to give you the strength to do what He is calling you to do with your life. Pray for the vision or what God wants you to do this year to go deeper in your relationship with Him.

### **Breaking the Ice:**

- Have you ever started a new discipline, like going to the gym, and stopped not long after starting? What made you stop?
- Have you ever been injured, or had a close call, because you lost focus in the middle of doing a task? What happened?

### **Wrestling with the Word:**

Read Philippians 4:4-13

- What do you think it means in Verse 6 to not worry about anything, but pray for everything? How does that work out practically? What makes it hard for that to work out practically in our lives?
- How do you think Paul was feeling when he was writing this (beaten, imprisoned, etc.)? Would you be able to look at all of the things working against you and still speak like Paul does in verses 10-13?
- Pastor Dave spoke this week about being fixed and focused in order to grow spiritually. What are some ways that you can help yourself to stay fixed and focused in 2020 on spiritual growth?

**Prayer for the Week:** Pray that God would show you and your family the ways that you can keep yourself focused and connected to God in 2020. Ask for guidance to see the ways that you best connect to God and best grow in your relationship with Him. Thank God for all of the ways that you have been able to grow in your spiritual life so far and for the ways that He will grow you in this next season of your life.