



Pressing On



Questions for discussion with *Life Groups*, family, friends, or for personal reflection.

1. **Sunday Review:** Reflecting on this week’s message from the Word...
 - a) What challenged you the most?
 - b) Was there anything that surprised you, or that you had never heard before?
 - c) Was there anything that you still do not understand?
 - d) (as a group you can discuss these points and try to answer any remaining questions.)
2. How can we “guard the truth we have been given”? Try to come up with at least 4 or 5 ways to do that individually, as a Life Group, and as a church. What do you do with the teaching you do receive (sermons, bible studies, etc)?
3. Think of some things that people remove, or ignore, from God’s Word. Also, name some of the things you can think of that people add to God’s Word.
4. What does it mean to keep sound teaching “with faith and love?” (vs 13) What might be the alternative? What happens if we hold to sound teaching but do not have faith and love?
5. How does the Holy Spirit help us “guard the good deposit that was entrusted to us?” (vs 14)
6. Do you have examples of people like those in Asia who deserted Paul? What was the impact of their actions?
7. Re-read 2 Timothy 1:16-18. How could you encourage someone who is suffering because of the gospel? Discuss (and possibly commit to) ways that you could do that as a group. Who can you be an “Onesiphorus” to this week?



Web: www.eefc.ca
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“Team Talk”



LIFE GROUPS: CHRIST CENTERED COMMUNITIES OF

TUNING IN: (approx. 15 min) Each Life Group gathering we want to set our hearts and minds on Christ and His active presence and leadership in our midst.

This week tune in to His presence by trying the following idea:

- Take a few silent moments to center your thoughts on how God has been good this week; pray sentence prayers for thanksgiving.
- Designate someone to close, thanking God for his active presence in your midst and inviting Him to shape your time together.
- Talk about it: How did this prayer exercise work for your group?

CONNECTING: (approx. 20 min.) Each Life Group gathering we want to create intentional space to get to know one another better. This week:

- On a scale of 1-10 how would you rate your past week? Why?

LEARNING: (approx. 45 min.) Each Life Group gathering is an environment for us to be impacted and transformed by God’s Word.

- Read: 2 Timothy 1:13-18.
- Discuss question 1, sharing your thoughts from the passage or from the Sunday sermon.
- You may want to select only 3 or 4 other questions to discuss.
- Listen: spend a few quiet moments asking God to speak to you about any changes in thought, attitude or action that you need to make.
- NEXT STEPS: any change or transformation requires action from you and encouragement from others. Share your “next step” with the group and allow them to check in on you.

SERVING: (approx. 10 min.) Each Life Group gathering we want to remind ourselves that it’s not all about us and our group, but that we are part of a bigger “us” and a bigger picture. This week:

- Whom do you personally influence for Jesus Christ? (a neighbour, co-worker, someone you mentor, a family member, etc.)
- Be intentional in praying for them and looking for ways to encourage them and point them towards Christ.

SENDING OUT: (approx. 15 min.) After each Life Group gathering you are headed back into the world to impact those around you for Christ.

- Spend time blessing and equipping one another by praying for each others physical and spiritual needs and requests.