

STUDY ON GETTING RID OF THE RUBBISH

Journey Together 2025 Weekly Sermon Series

Warming Up... 1. Share with the group a time when you had to carry something very heavy. Why, when and how did it make you feel? or... 2. Share a time when you had to be part of a team - pick a bad/ good experience. What made being part of the team good or bad?	Aims & Objectives of today's session: - To think about what entangles us and how do we make practical changes to get rid of the rubbish in our lives - We share our burdens, encourage one another and point each other to Jesus
Digging into the passage 1. Read Hebrews 12:1-3 as a group and then read it individually to let it sink in twice. 2. What does running with endurance mean to you? <i>*(Fun Fact) Most long distance runner champions are naturally very light - carry less weight over long distance.</i> 3. What is this race that God has set before us? What does "the race marked out for you" currently look like? 4. Read Romans 6:1-2. The power of Jesus means we are no longer slaves to sin. But it is not an overnight process, it's about growing and getting better. 5. Bert shared some examples of entangling behaviours - pride, unhealthy thoughts, greed, complacency, cynicism and lies from the past. Take some time now to look through the table. Are there any weights that are slowing you down at present? Or sin that is tripping you up? 6. Have you identified the causative effect of these weights/ sins - emotionally, physically or spiritually? Write them down on the table and think of practical ways to change/ break the pattern. 7. Split into smaller groups of 3 and share one or two items from the table. Share how you would like the group to help keep you accountable + set 2 or 3 "checkpoints" through the week to encourage each other.	Materials for the leaders to prep - Print out page 2 table and distribute one to each life group member - Task your life group members to keep each other accountable, and create "checkpoints" through the week. Extra notes for leader Pastor Bert demonstrated how sin affects our ability to journey - it slows us down from what we are supposed to do and causes us to function poorly. However the power of Jesus means we are no longer slaves to sin. It is not an overnight process, but about growing and getting better together. Hence, as a community who are journeying together, how are we helping each other keep our eyes fixed on Jesus? Homework / Challenge for this week Take your table home and put it somewhere visible so as to remind you of the practical changes that you've committed to making for the next week. Return next week to the lifegroup to share with your accountability partner(s)/ lifegroup regarding your progress. Ending with prayer Our Heavenly Father, thank you for helping us identify things that hinders and entangles us. Help us lay these things that hinders us at the cross daily. We want to thank you for this fellowship and community, that we are able to share and encourage one another. And in doing so, may we point each other to You. Amen.

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Spend some time quietly filling in the table below

- Below is an example shared during the sermon by Bert. Some of the other examples of entangling behaviours to guide you were - pride, unhealthy thoughts, greed, complacency, cynicism and lies from the past. Feel free to write down whatever that God puts in your heart/ prompt you to want to change in this coming year.
- We highly encourage you to share one thing that you have written down with your LG members so you can keep each other accountable and encourage one another to fix our eyes on Jesus.
- Keep your checklist somewhere visible to remind you of your commitment.

What Entangles	What is its effect?	Practical Change
Time wasting	Feeling unproductive and depressed	Screen time setting and accountability