

# Finish Strong

## Be A Tortoise (Week 2)

LifeNotes

### TALK IT OVER

#### Main Idea

**Disciplined determination on the things of God enable us to succeed in the race of life.**

#### Key Scriptures

... let us run with endurance and active persistence the race that is set before us, [looking away from all that will distract us and] focusing our eyes on Jesus ... Hebrews 12:1-2 AMP

**We too often celebrate speed over disciplined determination.**

#### Lesson from the tortoise:

- Be disciplined.

But the Lord God helps me; ... therefore I have set my face like a flint, and I know that I shall not be put to shame. Isaiah 50:7 ESV

- Be steady.

Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain. 1 Corinthians 15:58 ESV

- Be brave.

Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Hebrews 12:2 NIV

#### Start talking.

- Why do we often value sprinters over distance runners?
- Joel mentioned a few things “quick” things we tend to value in culture. What other things fit that category?
- Who gets overlooked and undercelebrated?

#### Start thinking.

- Read Hebrews 12:1-2. Joel dove deeper into the Greek word for “endurance and active persistence.” What jumped out at you about the deeper meanings?
- Why does it matter that we “bear bravely and calmly” when things are stacked against us?
- What keeps us from running the “race of life” this way?

#### Start sharing.

- Read Isaiah 50:7. What things in your life have you set your face “like a flint” to? How would like look if they were more deeply oriented around Kingdom of God priorities?

- Read 1 Corinthians 15:58. Who is the community around you helping your remain steady?
- Read Hebrews 12:2. How does understanding the “why” and fixing on it result in bravery?

#### Start doing.

- Which of the three lessons from the tortoise do you struggle most with?
- What is a practical way you can take ground in the that area this week?

#### Closing prayer.

Jesus we praise you that you set the stand for us. You give us an incredible model of discipline, steadfastness, and bravery. Help us Lord, to follow your example. Help us to adopt disciplined determination as we run the race of our lives you have marked out for us.