

LIFE LESSONS FROM THE OLYMPICS

SMALL GROUP STUDY GUIDE

Week 3 August 15, 2021

“The Power of the Team”



OPENING PRAYER

O Gracious God, many of us have been brought up to believe that we must be totally self-sufficient. As we grow in faith, we realize more and more how much we need you, and need the help of fellow believers. As you strengthen our faith and trust in you, please strengthen our relationships with others. Help us to encourage one another and carry each others' burdens, even as we get to know each other better. Bless each one in this group as we share our hearts with one another, and strengthen us for the race ahead. In Jesus' name we pray. Amen.

SCRIPTURE PASSAGES

Hebrews 10:23-25 (NIV)

²³ Let us hold unswervingly to the hope we profess, for he who promised is faithful. ²⁴ And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching..

Galatians 6:2 (NIV)

² Carry each other's burdens, and in this way you will fulfill the law of Christ.

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INTRODUCTION

Seventy-five percent of Olympic events are individual events. But even for athletes competing in individual events, they have an amazing team behind them. Their team consists of coaches, other athletes, a cadre of medical staff, family and friends. No one wins a gold medal all on their own. And Christians aren't meant to run the race God set before them all alone. We all need to be on a team. Teammates will encourage you, challenge you, and help you in your race. Who is on your team?

QUESTIONS

1. What Olympic athlete past or present has most inspired you, and why? Talk about what “team” might have helped that athlete achieve what he or she did.
2. Christians are supposed to “provoke” or “spur” one another to good deeds. Has anyone ever asked you to do something great that really stretched you? What did they ask you to do? How did you feel after you accomplished it?
3. Have you ever known someone who was a great encourager? Share a memory of something that person did. What are some practical ways you can encourage someone else?
4. The Pandemic has taught us not to take meeting with one another for granted. What do you most value about meeting together with other Christians? How well do you think internet platforms work for meeting?
5. How might this group carry each others' burdens this week and help each other grow in faith? Share ideas.

FINAL APPLICATION

Write a few sentences or draw a picture of a way you might encourage, challenge or help someone on your “team” this week. Set a deadline for yourself for when you will do it.