LifeWORKS _

staying in shape as a Christian

LIFEquestions

Your Story

 Who do you think of as a courageous person? Why do they need to be courageous and what does their courage lead them to do?

God's Story*:

Read the passages on the opposite page.

Take a slow look at the LIFEtexts (opposite) and consider these questions:

- Reflect on Jesus' image of sending us out like 'sheep among wolves'. How do people in the group relate to that image? Can anyone give examples of feeling like that, perhaps on their Frontline?
- What are the causes of fear for the disciples Jesus is speaking to in Matthew 10:28-33?
 Can anyone give an example of sharing this kind of fear? How did it feel and how dod you react?
- How do the words of Jesus inspire courage?
- What does it mean for people in the group to 'acknowledge Jesus publicly' on their frontlines in their words and in their actions?
- In what ways is courage needed to obey God's call to authentic fasting (Isaiah 58:6-9)?
 Put differently, how might fear hold us back from living this sort of life?

LIFEText

"Look, I am sending you out as sheep among wolves. So be as shrewd as snakes and harmless as doves.

Matthew 10:16

"Don't be afraid of those who want to kill your body; they cannot touch your soul. Fear only God, who can destroy both soul and body in hell. What is the price of two sparrows—one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows.

32 "Everyone who acknowledges me publicly here on earth, I will also acknowledge before my Father in heaven. 33 But everyone who denies me here on earth, I will also deny before my Father in heaven.

Matthew 10:28-33

"No, this is the kind of fasting I want:
Free those who are wrongly imprisoned;
lighten the burden of those who work for you.
Let the oppressed go free,
and remove the chains that bind people.
Share your food with the hungry,
and give shelter to the homeless.
Give clothes to those who need them,
and do not hide from relatives who need your help.

Isaiah 58:6-9

Your Story

- Where do you feel the need for courage to live out a distinctively Christian life at the moment?
- Pray together about these things.

^{*} These questions are a guide only. Do not feel you have to cover them all. Do feel free to allow the conversation to develop in other directions, if it seems fruitful (and stays on the subject!). Do pray for one another.

