

# WEEK 1

## SMALL GROUP GUIDE

# STRETCH



If your faith were a muscle, how flexible would it be? Could it stretch to your knees? Your shins? Your toes? Or are you not sure you even have any faith to stretch in the first place? Just like your body, if you want a faith that is strong, growing, and capable of carrying you through difficult challenges, you're going to need to stretch it. It might be fun. It might be challenging. But it will definitely be worthwhile. In this series, we'll discover four ways we can stretch our faith from Paul, the author of the book of Romans and a man whose life was completely transformed by Jesus. Thanks to Paul's words, we know we can stretch our faith by **making a commitment**, by **starting something new**, and by **letting something go**. We can even stretch our faith **when we feel like we've failed**.

## THIS WEEK

### THE BIG IDEA

You can stretch your faith with a commitment.

### THE BIBLE

Romans 5:6-8, 6:1-4; Matthew 4:18-20;  
Luke 24:1-10; Philippians 3:13-14

- On a scale of "telephone pole" to "silly putty," how flexible are you?
- What are some commitments that are easy to keep? Which ones are difficult?
- Have you ever jumped into a new commitment and followed through? What motivated you to stay committed?
- Do you know anyone whose life was changed because of Jesus? Tell us about them.
- What are some of the qualities of Paul, Peter, Andrew, and Mary that made it possible for them to make a commitment to Jesus?
- Why do you think some people's lives are immediately changed by Jesus, while others' lives are changed more gradually, or not at all?
- Read Philippians 3:13–14. When we're making commitments to follow Jesus, why do you think Paul says it's important to forget about what's behind us?
- What are some commitments we can make to stretch our faith?
- Have you ever made a commitment to God before? How is your commitment going, and why?
- What commitment are you making to stretch your faith this week? What can our group do to help each other follow through on our commitments?