

What Are You Chasing?

We always find ourselves chasing something. This could be approval, achievement, status, health, vacations, or excitement. The list can go on, but the realization is that if we are not careful, we waste our lives chasing the next thing. We want to finish school, then we want a good job, then we want a great marriage, then we want money, then we want to be well known, and we want to be celebrated. Each of these things that we may or may not get give us a temporary feeling, but then we quickly move on to the next thing. Before we know it, we ran a race for ourselves and forgotten what God called us to. God called us to run this race through Him and for Him.

Key Scripture | **Mark 8:36-37**

What good is it for someone to gain the whole world, and yet forfeit their soul? Or what can anyone give in exchange for their soul?

Related Scriptures

_____ Matthew 16:26; Mark 8:34-35; Philippians 2:1-5;

Icebreakers:

_____ Q: What is the best road trip you have ever been on?

groups.

Key Thoughts and Reflections: _____

I. We can stay busy in works without knowing what we are chasing.

Q: If someone looked at your calendar, what would they conclude that you are chasing?

Q: The message contrasted the fast pace of the track with the slow pace of the locker room. What makes it difficult for you to slow down?

Q: Our lives can be filled or they can be busy. It all depends on how and who you allow to lead it. Where do you find it hardest to let God lead?

II. The wrong “Why” and “What” turns people who should be teammates into competitors.

Q: What does winning an argument sometimes cost us?

Q: Which is hardest for you to let go of: being right, being recognized, or being important? Why?

Q: Is there someone you’ve quietly turned into a competitor? Why? What would it look like to become their encourager this week?

III. Our relationship with Jesus changes how we treat people.

Q: When you feel overlooked, how does that affect your relationships?

Q: Do you feel pressure to prove your worth? How does that pressure show up in your relationships?

Q: Read Philippians 2:3-5. Think of a time someone lived this verse out to you. How did that change you?

Get Practical

Make time for locker room moments this week. Take ten minutes to pray over what you might be looking for purpose or satisfaction. Ask God where you are resisting His leadership. After that locker room time, take time to be a fan for someone else and encourage them in Christ through a conversation over text, in person, or a phone call!