
EQUIP 5.2

Eyes Fixed - Small Group Session Two
Week beginning 11th June



Gospel Focus...

EQUIP is about helping us see what it might look like for each of us to give our lives completely to God. It is nearly the time to make some decisions. To reflect, to pray and to make a plan. During the week beginning 9th July you are going to be asked to share your plan with your group. Then, at our end of term EQUIP BBQ event (20th July), you are going to be asked to share your plan with other EQUIP groups together - and the rest of us will agree to pray for you and encourage you as you seek to live your life for God!

Of course some might choose not to do this, but we want to encourage everyone to have a go. Some plans might be big changes in your life, some might be small tweaks. Some might involve a change in life's direction, others might be about personal lifestyle changes. There are no right or wrong answers. It is you, before God, sharing your heart's desire - and we want to encourage you.

This session (along with the next couple) will help you to build your plan. We saw last week that the plan needs to not come from guilt or obligation. We don't need to do something because we think others expect us to do it. We are given great Gospel Freedom! That was the point of Colossians 2:16-23. This week we are going to reflect on our Gospel Focus. We are going to see how what we focus on will shape our response.

So let's start this session in prayer, ask God to guide you as you come to His word. Then let's dive in.

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:10

What you looking at?

1 Heavenly Perspective

If you had to summarise what you think the main focus of your life is, how might you answer?

Is this a question you think about a lot, or hardly ever? How did you find the experience of trying to answer these questions?

Having shown us we have Gospel Freedom last week, this week Paul tells the Colossians about what their focus should be on. Read Colossians 3:1-3

Where are we told our focus should be?
What do you think that might mean?

Why are we told to place our focus there? What is the motivation?

2 Into Practice

So we have heard the theory, now let's talk about the practice. In verse 5 till the end of the chapter we see this is very practical. We will look at those verses next week. For now, imagine for yourself what this look like in practice? Take time to mull on the question and reflect together as a group.

Living this way is hard because our focus is often on other things. How might the reasons we have been given to focus on heavenly things actually motivate you? Again, take time to reflect on this. Allow the reasons Paul gives to thrill or excite your heart.

3 Life Goal

Last week, we reviewed our life goals in response to what we saw about Gospel Freedom. If you didn't start to build or review your life goals last week, this week would be a good time to do that - only now apply the Gospel Focus principle. How might your life goals be shaped by what we have seen today?

Life goals can be quite big. One question we want to ask on the 20th July is what that might look like for you this yeat. Last September, when we started EQUIP, we used the SMARTER template (on the next page). Why not use that now at the end of EQUIP to review or create some of your aims or targets for the next year?

Now, given everything we have thought about in this session, turn to pray for one another.



SMARTER GOAL-SETTING TEMPLATES



FOR ACHIEVEMENT GOALS

1

ACTIONABLE _____ SPECIFIC, MEASURABLE, RISKY & EXCITING _____ TIME-KEYED _____

RELEVANT

2

ACTIONABLE _____ MEASURABLE, RISKY & EXCITING _____ SPECIFIC _____ TIME-KEYED _____

RELEVANT

3

ACTIONABLE _____ SPECIFIC _____ MEASURABLE, RISKY & EXCITING _____ TIME-KEYED _____

RELEVANT



FOR HABIT GOALS

4

ACTIONABLE _____ MEASURABLE, RISKY & EXCITING _____ SPECIFIC _____ TIME-KEYED _____

TIME TRIGGER _____ STARTING DATE _____ STREAK TARGET _____

RELEVANT

SMARTER GOAL-SETTING TEMPLATES

FOR ACHIEVEMENT GOALS

1 Run the Country Music Half Marathon by April 21
ACTIONABLE SPECIFIC, MEASURABLE, RISKY & EXCITING TIME-KEYED

2 Read 50 business books by December 31
ACTIONABLE MEASURABLE, RISKY & EXCITING SPECIFIC TIME-KEYED

3 Lower my golf handicap from 22 to 18 by September 30
ACTIONABLE SPECIFIC MEASURABLE, RISKY & EXCITING TIME-KEYED

FOR HABIT GOALS

4 Walk two miles at Pinkerton Park M-W-F
ACTIONABLE MEASURABLE, RISKY & EXCITING SPECIFIC TIME-KEYED

at 6:00 am starting June 1 for 12 weeks
TIME TRIGGER STARTING DATE STREAK TARGET

RELEVANT