



Rhythm of Restraint

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Resistance

Big Idea: Resisting resistance is a pathway to freedom and a secret of growth.

Key Scriptures: Proverbs 29:18; Romans 12:2; Colossians 3:1-3; Isaiah 40:28-31; 1 Peter 4:12-14; 2 Corinthians 5:4-17; Romans 8:25

1. Steve Jobs once said, “Innovation is saying no to one thousand things.” Read Proverbs 29:18. Looking back on your life thus far, how has discipline, or the lack of it, shaped you? Can you think of a time when resisting the desire to do something turned out well?
2. Pastor Craig shared the etymology of the words associated with work:
 - a. Job stems from the medieval idea of compensation for a task.
 - b. Career from the French word for racetrack
 - c. Vocation from the Latin word for calling.
Resisting the urge to prioritize our careers is key to practicing rest and enjoying relational success. Reflecting on your working life, what pressures at work did/do you need to resist to live out your vocation?
3. Read Romans 12:1-2 remembering that conformation (be carried along with) and transformation (rising above) are the principal ways we are being formed. What rhythms have you got in your life to resist being carried along by the desires of your fallen humanity or the ways of the world? What rhythms could help you climb to new heights?
4. “It is instinctive to succumb to what comes naturally.” In the context of a life-controlling habit or hang-up, succumbing means giving up. In relational hurt, succumbing can mean walking away. In the context of a troubled past, succumbing means never showing yourself the compassion God shows you. Without resisting your resistance, you

can never ascend and be free. Read Colossians 3:1-3. In the context of our propensity to succumb to what comes naturally, what helps you set your heart and mind on the things above?

5. “Kites rise against the wind – not with it” (Churchill). Isaiah 40:28-31 uses the metaphor of an eagle to proclaim how God’s power can overcome the downward pull of the human body. When attacked, the eagle ascends to heights its attackers can’t reach, propelled not by its mighty wings alone but by the wind’s currents. Eagles resist the opposition by climbing higher. Think of a challenging situation in your life right now. How can you climb to new heights in this situation?
6. When flying a kite, handing control to someone else often results in the kite dipping and swooshing until the balance is restored. Essential to resisting what has, until this point, been natural is managing our emotions. Allowing our emotions to dictate our actions is like handing control of a kite to someone else. Resisting the natural power of our emotions is key to living in peace.
 - a. How successful are you at keeping your emotions in check when facing a headwind?
 - b. What natural tendencies do you have that need to be resisted?
 - c. If you are looking at this question in a group, discern common struggles. Discuss how your group can help resistance (mutual accountability) develop. What can help the group rise to new heights on these issues?
 - d. Pray for the common challenges the group faces.