

SISTERHOOD

Lounge Room



From our lounge room to yours!

This One Thing
Handout Week 2

Loved this month's episode?

Well so did we!

Here are a few additional questions, scriptures, and thoughts from the girls as they gathered to discuss 'this one thing.'

"I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward - to Jesus. I'm off and running, and I'm not turning back."

- Philippians 5:12-14

HOW DO WE KNOW IF WE ARE RUNNING IN THE RIGHT DIRECTION?

Kirsty said that we need to understand our goal, and the goal is relationship with Jesus. We tend to over think this journey which will always contain mystery. It is not a job, a task, or a circumstance. It is a relationship. We can feel lost along the journey when we lose sight of this, and our trust isn't resting in Jesus alone.

Q- If you feel a little lost on your journey, ask yourself how dependent you are on Jesus at present?

Q- It can be easy to run off and do things in our own strength. How do you stay reliant on Jesus even in the things that you feel you can manage alone?

Nicola pointed to Matthew 7 which says, 'you shall be known by your fruit' and reminded us that we need to be women known for our fruit. A world view of fruit is your relationship status, your bank account balance, and your professional success, but kingdom fruit is the fruit of the spirit.



VERSE SPOTLIGHT “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.” Galatians 5:22-23

Q- How have you tended to view fruitfulness in your life?

Q- How do we grow in the fruits of the spirit?

LIVE A COMPARISON FREE LIFE

Kirsty encouraged us to remember that there is only one you. You are a masterpiece, and your purpose is unique.

Maureen said that to keep moving forward and live a comparison free life that we need to keep it simple and choose to embrace our authentic selves.

Q- How do you train your heart and mind to not compare yourself in a world full of comparison?

Q- How can you live authentically – true to how God created and gifted you?

TIRED AND WEARY?

Mary shared that she prioritises her tasks by focusing on what she can do to the best of her ability and does not feel ashamed to walk away from tasks that she cannot get to. Sometimes we need to check in with all that has found its way on to our plate. Have we added unnecessary items to our race that God hasn't asked us to? Not every good thing is the best thing God has for you in this moment.

VERSE SPOTLIGHT “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30

Q- What are all the things you have on your plate right now? Do you feel like you are stewarding them well?

Q- What have you added to your plate that God has not asked of you at this time and is it proving to be burdensome?

Nicola said that keeping the right perspective includes knowing that things do come and go in our lives. We all face difficulties, but we can't have a testimony without a test. Holding fast to the truth that God works all things to the good for those who love him and remembering that the end of our story is a victorious one, enables us to keep perspective and joy.

Nicola continued to say that keeping our eyes on Jesus is crucial and acknowledged that choosing God in the middle of pain is not always easy. Longevity comes when we guard our hearts against the many things that can come against us. It's a choice to let things into our heart.

Q-How differently would you approach a challenge knowing that the outcome was going to be in your favour?

Q- How do you keep your heart untainted by the hardships and obstacles of life?

WHAT'S ONE THING THAT WALKING WITH JESUS HAS TAUGHT YOU?

Mary shared that Psalm 23 is one of her favourite passages: Psalm 23 assures us of God's comprehensive cover for our lives:

If you are in a place of lack and worry - the Lord is your Shepard (v1).

If you are weary and life is getting you down - He leads you besides still waters that restore your soul (v2).

If you are worried about your purpose and what you should do with your life - He guides you (v3).

If you are in a troubled season – God is with you (v4).

If you feel surrounded by an enemy - He prepares a feast for you that will bring deliverance (v5).

If you are feeling unloved and unworthy – His love and mercy follows you every day of your life (v6).



Q. Read Psalm 23. Is there a particular verse that stands out to you and that speaks to your situation currently?

FINAL THOUGHT

Nicola reminded us that our race is lifelong, and that the bible instructs us to run it with perseverance. There will be people who run alongside us, some who sit on the side-lines, and others who walk away. But no matter where we find ourselves – in a valley or on a mountain top, our own race never vanishes and is our responsibility to stay the path. There is always an opportunity to pick ourselves up, dust ourselves off and go again, thanks to His grace and mercy that always follow us each and every day of our lives.