



WEC U, part 1
Week of February 28, 2010

Review It...

Welcome to WEC U. You've just been enrolled in an exciting University where pass or fail isn't just a grade; it's a part of life. Today's class is Endurance 101. God wants you to endure. If you're going to accomplish greatness in this life, if you're going to experience God's best for your life, and if you're going to rise above the mess of this life, then you've got to endure. Endurance is a fundamental quality of mature spiritual believers. Tonight, encourage one another to endure to the end!

Start It...

(Choose one or more of the questions below to kick off discussion)

- Test of endurance: invite group members to compete in the following tests of endurance:
 - 1 – Which group member can perform jumping jacks or sit-ups for the longest amount of time?
 - 2 – Fill a bucket with ice cold water. Which group member can keep their hand in the longest?
 - 3 – Who can stand on one foot the longest or win a staring contest?
- Stu talked about the Winter Olympics. What's your favorite Winter Olympics 2010 moment?
- Ask group members to write down a feat of endurance from their past. It could be as simple as "graduating from high school" or as elaborate as "running a marathon." Read them aloud and guess whose is whose.
- Stu talked about college experiences. Tell one of your fun college experiences to the rest of the group.

Discuss It...

(Choose one or more of the questions below for discussion. Leaders notes are in bold, suggested answers are in italics.)

- What does the word endure mean? (*to stand; to tolerate; to continue.*)
- **The story from Sunday about Isaac began with God blessing Isaac.** Do you believe that God wants to bless you?
- How is this principle of God's blessing sometimes abused or misapplied?
- How is your life impacted if you fail to believe that God wants to bless you?
- **Stu said, "God blesses in many different ways, financial blessing isn't always the means that God chooses, although that's the means we would all like. But however you're blessed, I want you to understand that today that blessing is from God and if you're not blessed, it's not because God doesn't desire it for you. God desires for you to live the best possible life."** What are some ways that God wants to bless you?
- Read the following verses about the blessings of God. Ask your group to make an observation from each verse: (an observation is just something of interest or insight from a verse)
 - Genesis 12:2
 - Psalm 34:10
 - Psalm 84:11
 - Jeremiah 29:11
 - John 10:10
- **The Philistines stopped up Isaac's wells with earth. What is your "stopped up well?"** (*Stu gave some examples: The well of your hopes and dreams got stopped up a long time ago. The well of your purpose is stopped up, it's not flowing anymore. The well of peace, the well of health, the well of your finances has run dry. Your relationship well is stopped up! Some of you are like bring me the plunger because this crappy relationship is going nowhere. It's stopped up. This is when you've got to endure. Some of you have a spiritual well that's dry. It just doesn't mean anything to you anymore. For some of you, your work well is dry, your friendship well is empty,*

your joy well, your happiness well, your well of laughter has stopped flowing.)

- What or who stopped up your well? How has this made you feel?
- Read James 1:2-4. What is this verse saying about perseverance?
- **You never know what you are made of until you are tested. If life never tested us, we would never be stretched. It's through the stretching of difficult times that we become who God wants us to be. Instead of getting upset when you go through hard times, draw near to God and thank Him for what He is going to teach you.**
- Read Genesis 26:17. **Stu said to endure you must 1) Move On.**
- What does moving on look like for you? (*Sometimes it can be removing yourself from a damaging situation; it can mean moving on from hurtful feelings and un-forgiveness; it can mean moving on away from negative people.*)
- Read Genesis 26:18. **Stu said to endure you must 2) Do Your Part.**
- What does doing your part look like? Ask the group to help with suggestions.
- Read 1 Thessalonians 5:17-19.
- **According to this verse, it's God's will for us to pray and give thanks in all circumstances. Your part in difficult times is to find something to be thankful for. God has blessed you in so many ways. Stop focusing on your problems and start thanking Him for the good things He's done for you.** How could someone be thankful in the following examples? The loss of a job, a breakup, a loved one dying, or a really itchy rash.
- **The third thing you must do to endure is to 3) Rely On God.** Read Genesis 26: 24.
- Describe how you rely on God when things aren't going your way.
- **Stu said a great way to rely on God is through prayer.** What are ways that you incorporate prayer into your life?
- Hebrews 12:1-2 is a passage that encourages us to endure. Read this as a group and highlight its application to endurance.



Apply It...

(challenge your group members to live it out this week)

- Pray for specific group members that have a stopped up well.
- *Remind members about TNL, March 9 (6:30 & 8:00 PM). Make plans if you're going to attend together, go out to eat or out for dessert, etc...*
- Encourage the group to utilize our online notes found at www.watersedgechurch.net if they don't have any other useful tool.