

< EXCHANGE >

by REACH FORTH

Fall 2017
Flag Football Captain Notes

WEEK 2: LIVING BEYOND YOURSELF

Tuesday September 12

CAPTAIN @ THE FIELD

READ:

- Did you watch the video this week? It told the story of a simple act of kindness by a university student to a boy in middle school who needed a friend.
- If you haven't watched it I would encourage you to check it out tonight. It is a great reminder of the power of simple acts of kindness. It is a reminder of the impact you can have simply by "living beyond yourself."
- Living with this humility is something that is very close to the heart of God. In fact, according to Jesus, when we live beyond ourselves and step in for someone in need, not only are we helping that person but we are serving God: **"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'** (Matthew 25:40).
- In the video Alex said *"The lonely shouldn't be lonely. And doesn't it seem so easy? Why is that which seems so easy, so rarely done?"*
- I leave that question with you tonight: Why is that which seems so easy, so rarely done?
- If you feel comfortable you can close in prayer

WEEK 3: PEACE OVER ANXIETY

Tuesday September 19

CAPTAIN @ THE FIELD

READ:

- Do you ever struggle with anxiety?
- In some fashion I imagine it is something that we all experience from time to time. In the midst of anxiety, what is it that we so desperately need? Peace.
- As followers of Jesus we believe that God is a God of PEACE and not chaos.
- Do you know what it is like to experience the peace of God?
- This week in the video Alex encouraged us to check out a song called "Prince of Peace" by Hillsong United. If you haven't had a chance to listen to it, I would highly encourage you to check it out.

- Our prayer for you this week is that you might know the God who meets you in the middle of the fire.
- If you feel comfortable you can close in prayer

WEEK 4: REST

Tuesday September 26

CAPTAIN @ THE FIELD

READ:

- If someone were to ask you right now *“How are you doing, REALLY? Deep down how are you?”* What would you say?
- There is a good chance that some of us are anxious and have been for some time. Others are perhaps struggling with bitterness and anger. Still others are maybe are afraid of an uncertain future... lonely... hurt.
- An unsettled and hurting soul isn't a great feeling. When you experience it, where do you tend to turn for relief and rest?
- Have you ever heard the invitation from Jesus that Alex shared in the video this week? In **Matthew 11:28-30 Jesus said: “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.”**
- Could it be an invitation worth considering?
- If you feel comfortable you can close in prayer

WEEK 5: POWER OF OUR WORDS

Tuesday October 3

CAPTAIN @ THE FIELD

READ:

- If you were given the opportunity to go back in time and redo something from your past, what would you redo? I wonder how many of us would want to go back and change something that we SAID- either TO or ABOUT another person?
- The thing about our words is that they can have a significant impact (either positive or negative!) on those around us. And to make things more complicated, often we can speak without really thinking about WHAT we're saying.
- If you were to read back the things that you said this past week, would they be described as “building others up” or “tearing others down”?
- Maybe you can't take back the words you said in the past, but you can use them wisely today. How can you build someone else up with your words this week? Is there someone in your life who could use some encouragement for a change?
- **The tongue can bring death or life; those who love to talk will reap the consequences. — Proverbs 18:21 (NLT)**
- If you feel comfortable you can close in prayer

WEEK 6: CONTENTMENT

Tuesday October 10

CAPTAIN @ THE FIELD

READ:

- This week as we consider the topic of “Contentment” I would like you to consider this question: do you spend more time thinking about you **don’t** have or being thankful for what you **do** have already?
- The video this week suggested that a secret to being content in life is found in our **perspective**.
- I am sure we would all agree that it can be quite easy to take for granted that which we receive in life and quickly develop a perspective of **entitlement**, living as though we are due the many blessings of life. But are we entitled to them? Or might they be gifts?
- James 1:17 says:

Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens... (NLT)

- Could it be that your whole life is actually a gift to you?
- If you feel comfortable you can close in prayer

WEEK 7: THE MAIN THING

Tuesday October 17

CAPTAIN @ THE FIELD

READ:

- This season we have considered a variety of common life issues, some questions, and Reach Forth has shared their faith perspective on them. As you look back on some of the topics we have considered, things like: forgiveness, compassion, honesty, pride, and self-control... it sounds like a pretty great way to live. At times it may also sound like an impossible way to live... can anyone actually live up to all of these great virtues?
- The final message from Reach Forth this season asks us to consider whether we think we can live this way on our own or if perhaps we need Someone outside of ourselves. Where do you stand on that question?
- If you feel comfortable you can close in prayer