



This resource has been produced by Sanctuary First which creates materials for their network of bible study groups called Connect Groups.

The accompanying video and this session are part of a longer monthly theme on Sanctuary First called Leaping With God. Through sporting metaphors we delve into different aspects and areas of faith focusing on what is involved with leaping with God into a life of faith. The following discussion questions are designed for use in a Connect Bible study group, any small group or for individual discipleship. There is additional resources in the monthly resource packs for daily and deeper reflection (check out additional Leaping With God resources: [here](#)).

This session has questions and thoughts which correspond with the accompanying video. Our hope is you can use this Connect session as best fits your situation and discussions as it is presented or as your conversations lead, with all the freedom to pick and adapt as you need!

We suggest you first read setting the scene, then read the introduction and watch the video. After that, it's time to delve into the video reflections, questions and bible passages to explore faith that is active, like the faith of Eric Liddell.

Remember to finish up with prayer! Eric knew the power of prayer and its' place in his daily life. There is a suggested prayer at the end of the session but don't feel you have to stick with this. Go running to God in prayer and let the love of Jesus look like something to everyone you meet!

Leaping into life with God

Setting the Scene:

The phrase 'leap of faith' can have a bit of a sense of desperation to it can't it? A mad dash and jump to the other side! "Ooft, I made it!" But what if most of the 'leaps of faith' that we make in our journey of discipleship with God aren't wild lunges, but more like the leaps made by an athlete, or a child excitedly playing a game! Made enthusiastically and for the love of it!

We leap to follow God in hope and expectation — leaping into the Kingdom! Athletes need focus, practice, folk cheering them on, and people to coach them, and to catch them when they fall. All the same applies in growing in faith! The leaps of faith we make are not made alone — just as even elite solo jumpers have whole support teams to enable them to perform at their best.

When we leap, we leap with others. Just like a child playing a game trying again and again while our friends help us. We leap to get somewhere, we leap for fun, we leap for adventure! Let's make leaps of faith with our eyes wide open, not leaps of desperation but leaps of gladness, faith and enthusiasm as we follow where God is leading us.

Introduction:

What if 'a leap of faith' is not a mad desperate dash? But more like the practiced leap of an athlete, who with training and encouragement is going to stretch themselves to go that bit further? Like athletes we don't leap alone, we have the support of others who can help us prepare. Over our lives of discipleship we make all kinds of leaps of faith as we learn to trust God and one another. For the jumper on the track and the disciple on the road: focus and motivation are hugely important. Who are we leaping towards and why? Why leap with God and after God?

Watch the Video! <https://www.sanctuaryfirst.org.uk/video/is-faith-active>

Video Reflections:

How are you keeping your faith active?

What are some of the small 'leaps of faith' that we make in our daily walk with God?

Bible Reflections:

1) Isaiah 40: 28-31

We are thinking about leaping with God. But who is God?

What do we learn about God from this reading?

2) 1 John 3: 1-3

Who are we to God – God's children!

God loves to see us leap and grow the way a loving parent delights in their children.

What can this reading tell us about God's love for us?

3) Romans 10: 1-13

As a group, how about we take time for – anyone who wants to – to share a story of a time in their life when they have responded to God prompting them to take a leap of faith.



Prayer:

All trustworthy God, the source of our breath and life, our energy and love, thank you that you are involved and engaged in our lives and world. Jesus there are times we are scared for our faith to be active as we might not know exactly what we are getting in to, but help us remember that it is with you. Our Loving Saviour, who is full of goodness and kindness for us.

Holy Spirit we need your power alive and at work in our lives so we have a faith that is active, changing the world around us, bringing the peace and hope of the good news of Jesus to everyone we meet. As our Helper, we ask for your help to let the love of Jesus look like something to all those we meet.

And so, wonderful God, give us courage and trust to leap and fall into you with the biggest grins of joy knowing you have got us with every step we make. In the name of Jesus we pray and live and have our being, Amen.
