



**Philippians 2:12-13** Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, 13 for it is God who works in you to will and to act in order to fulfill his good purpose.

**Colossians 1:11, 29** ...being strengthened with all power according to his glorious might so that you may have great endurance and patience,....29 To this end I strenuously contend with all the energy Christ so powerfully works in me.

**Isaiah 40:28-31** Do you not know? Have you not heard?

The Lord is the everlasting God, the Creator of the ends of the earth.  
He will not grow tired or weary, and his understanding no one can fathom.  
He gives strength to the weary and increases the power of the weak.  
Even youths grow tired and weary, and young men stumble and fall;  
but those who hope in the Lord will renew their strength.  
They will soar on wings like eagles, they will run and not grow weary,  
they will walk and not be faint.

### Icebreaker

What is the last thing that made you laugh really hard? OR What is the last thing that took your breath away?

### Conversation Guide

1. Who is the most/least energetic person in your home/family/work?
2. What gives you energy?
3. What saps your energy?
4. How do you invest energy in Jesus' church?
5. Have someone read Philippians 2:12-18. How does God work best in you? Have you experienced a time you felt God at work within you?
6. [Watch with your group beginning at 11:40.](#) Jeff offered four flavors of energy living water we can reach for to gain energy.  
Rest, unplugging from things that sap energy.  
Risk,  
Recreation  
Worship

Which of these resonated with you?

How have you in the past or might you apply just one of these practices in your life this week?

7. Have someone read the Isaiah passage as a prayer at the end of your group.

