

## Day 4: Run with me when I'm tired

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Read it: Hebrews 12:1  
Hebrews 10:24-25  
Hebrews 3:13  
Extra verses: Galatians 2:11-21 (Paul & Peter)

### Think about it:

Have you ever seen a race, like a marathon or the Tour de France, when a huge crowd is moving along at the start? In most races, the crowd stretches out and many competitors end up by themselves. But it has been shown that most people do best when they have one or more other people to run alongside them and challenge them, especially when they get tired or discouraged.

That is what Hebrews 10 is talking about as we consider having a friend or a small group to run with in this race of life. Sometimes we need a word of encouragement, a boost or a smile. There are times we need someone to “spur” us on if we are going off track from what God wants for us—or if we are getting lazy or giving up altogether. As always it is with love we do this (10:24) and we need to look for chances to do this everyday (3:13). What are some areas in your life where you could really use that type of friend? And how can you better be this type of friend?



Act on it: When you interact with friends & small group members this week, look for chances to encourage someone. You can do that by your words (verbal, email, etc.) or your actions (hugs, gift, smile, etc.).



# HAMMERTIME

Week 1  
February 8, 2009

**Purpose:** To nail down this week's Awaken topic (Building Godly Relationships).

**How to use it:** Individuals can do it on their own 4 times a week to cultivate this habit of spending time with God regularly. Families: adults are encouraged to do HammerTime on their own & then meet with their whole family to go through it together.

**Example of time:** Read verses (3 min), Discuss/think about (5 min), Pray (2 min)

**For more tools:** check out Bethlehembc.com or AwakenToolbox.com.

## Day 1: A big church that can still feel small...through groups

Read it: Acts 2:42-47 & 1 Corinthians 13:1-3

In the early church, here is what was happening:

1. People were excited about Jesus & the church was growing (v. 42-44, 47).
2. They realized the need to meet in smaller groups—where friendship occurs & where needs are met (v.45-46).
3. In friendships, in meeting needs & in “spiritual growth”—love had to be the foundation (1 Corinthians 13:1-3).

**Think about it:** Imagine being at the mall and it is crowded with people. Think about/explain if it possible to be in a crowd like that and yet feel alone. If you were lost and then your family found you, how would you feel if they yelled at you? What if you said you were thirsty and they frowned at you while they gave you some water? How different would all of that feel if they found you, hugged you and with a smile gave you that drink?

**Act on it:** Do you have a “small group” of people at Bethlehem? If not, let us help you find one. If you already do have a group like that, start thinking about ways you can show someone in the group that you care about them—be a friend, directed by Christ's love.



Read it: 1 Peter 4:10 & John 13:14-17

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**Think about it:** It is very humbling to serve—yet our leader, Jesus, modeled it for us and commanded us to serve each other. He knew it would strengthen our relationships. How does it make you feel when one of your friends serves you? Maybe they share some cookies with you at lunch, they call you to see how you are doing, or invite you over to play some Wii.

Think about a way a friend could help you out when you are really in need. Now turn the tables and think about how it would make your friend feel if you served them in that way. We are challenged to “administer God’s grace” (1 Peter 4:10) and follow the example of Jesus (John 13:14-17) to serve each other. Why? Because God knows a small group of people that serve each other will become better friends—and that is what God wants for each of us.

What are some examples of how you can serve someone you know? How can you administer God’s grace to them in a way that blesses them?

**Act on it:** Each day this week find at least one time a day when you can serve one of your friends/family. Don’t do it to get a reward—just do it to show that person that you care about them.



### Day 3: Friends play together and pray together

Read it: Philippians 1:3-6 & James 5:16  
Extra verses: Acts 12: 5-17

**Think about it:** How would you like to get a note from a friend? How about one that reads like that section in Philippians 1:3-6? Read it again and think about how you would feel if a friend wrote you those words. Would you feel any of these: joy, thankfulness, being cared for, encouragement, hope, or confidence?

Think again about James 5:16 and how it challenges us to have prayer as a part of our friendships. Not only because God answers our prayers, but also because He builds our relationships as we pray for each other. List/name some friends that you could pray for.

**Act on it:** This week pick one person you know as a friend and pray for them. If you see them in person, ask them what you can pray about for them. Pray once a day and at the end of the week send them an email, text message or note card and let them know you have been praying for them.