

2020 SURVIVAL GUIDE

THRIVE

in the chaos

DON'T SHRINK BACK

FIX YOUR EYES

LOOK BEYOND YOURSELF

LIVE GENEROUSLY

BE THANKFUL



WEEK 1: Part 1/2

DON'T SHRINK BACK

2020 feels like something to just get past with murder hornets, pandemics and elections, to crazy schedules, work-from-home, and virtual learning. Ugh. The temptation is to just pack it in, hunker down and just survive. For a lot of us, we've felt stuck like we're spinning our wheels and going nowhere; but, the longer you stay stuck, the harder it is to get moving again. The Hebrew people felt that same thing and the author of the letter to them encouraged them to keep moving forward in faith. To not "shrink back" because God was with them and He has the ultimate victory. But to thrive, not just survive, we actually have to move! We need to take steps forward in faith. When we cling to God in faith, even if we go through the worst places, we have the best company! When we keep moving forward with God, the place of frustration can turn into the place of transformation.

QUESTIONS

1. Has there been some areas in your life where you have felt stuck?
2. Read Hebrews 10:36-39. What do you think it means to "live by faith" What do you think it looks like to "not shrink back"?
3. When you're stuck, it's hard to get moving again. Where have you seen that in your life in the past? Where have you seen that during this season, even spiritually?
4. Even when we go through the worst places, we have the best company! God is with us. How should knowing this promise give you courage in a season like this?
5. What baby steps can you take this week to get moving again? Turn this place of frustration into a place of transformation.

HEBREWS 10

36You need to persevere so that when you have done the will of God, you will receive what he has promised. 37For, "In just a little while, he who is coming will come and will not delay." 38And, "But my righteous one will live by faith. And I take no pleasure in the one who shrinks back." 39But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved.

PRAYER

Heavenly Father, please help me to not stay stuck, to not shrink back. I don't want this uncertainty to keep me spinning my wheels. I want to have forward movement, I want to live "by faith". Thank you that you are with me. That you promise to not leave me. Help me to turn this place of frustration into a place of transformation. Today, I commit to take a step forward in my faith, to take a step forward in my life. I need your help to get moving again. In Jesus' name, Amen.



WEEK 1: Part 2/2

DON'T SHRINK BACK

SMALL STEPS THIS WEEK

Take a Small Step this week to get moving again. Pick something and commit to it. Tell someone else about it to help keep you accountable.

*Check Out a Reading Plan to get in the Bible again.

*Memorize all or part of Hebrews 10:38-39.

*Commit to making Church a rhythm in your life again.

*Go for a run or exercise. Cut out an unhealthy habit or unhealthy food from your diet.

*Check out the Growth Pathway [here](#) and pick one area to take a step in.

*Start a new healthy family habit – commit to meal time with your family, pray together, game night...

EXPLORE: HEBREWS

The Hebrew people walked through many struggles. Study more of their faith in this short video from The Bible Project that will help you understand the context and point of Hebrews. Watch it [here](#).

BIBLE READING PLAN

Here's a 5 day reading plan for this week to help you move forward in faith.

Find it in the Bible App [here](#).

the BIBLE
PROJECT

STUCK.

A 5-DAY PLAN BY DAVID VILLA





WEEK 2: Part 1/2

FIX YOUR EYES

Let's be honest: 2020 has been a dumpster fire. It would be easy to just want to crawl in bed with the covers over our head and just peak our head out in 6 months like it's Groundhog Day. But the longer we are stuck, the harder it is to get moving again. In Hebrews 12, the author talks about running our race well, throwing off the things that slow us down, fixing our eyes on what's important and with endurance finishing the race well. Call it your "pep talk for 2020" if you will. It's so easy to get focused on our circumstances and just get stuck, but we're called to fix our eyes on Jesus, not our circumstances. When we do, we find the strength, the courage, the stamina to keep moving forward in faith toward our ultimate victory. When our eyes are fixed on Jesus we can thrive, not just survive.

QUESTIONS

If you had to be in an endurance race right now, how do think you would do? Winner winner chicken dinner/S.O.S./I've fallen and I can't get up. Why did you answer the way you did?

Where are you more focused on circumstances than on Jesus?

Read Hebrews 12:1-3. What do you notice about this race of faith from these verses?

Is there anything right now that is hindering or entangling your faith journey?

How can you "fix your eyes" on Jesus this week? What's one step you can take to have "vertical vision"?

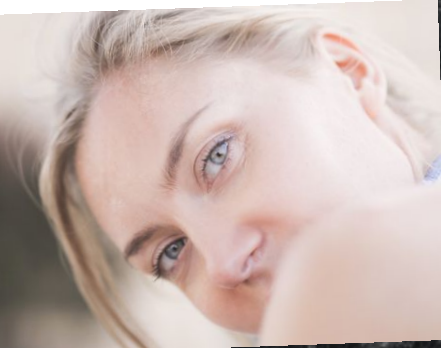
HEBREWS 12:1-3

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

BIBLE READING PLAN

Here's a Bible Reading Plan on the Bible App for this week. Click [here](#).

FIX
YOUR
EYES
ON
JESUS





WEEK 2: Part 2/2

FIX YOUR EYES

FIX YOUR EYES THIS WEEK

WATCH THIS thought from Mark Clark

Each day this week we're going to focus on **FIXING OUR EYES ON JESUS**, rather than our circumstances.

MONDAY

Make a list of the circumstances that you tend to get focused on or that bring you worry and cause anxiety. Take each one of those circumstances and pray. Acknowledge to God that these get too much of your attention and ask Him to help you fix your focus on Him instead.

TUESDAY

Change of pace and place gives a change of perspective. Do something different today in your relationship with God. Go sit in your car at the beach and pray. Take a little time tonight and listen to our church Spotify list [here](#). Wake up and focus on God first thing by reading a Bible plan or re-read Hebrews 11 and 12. Pray at dinner or before you go to bed if you don't usually do that. Write out your prayers. Do something different to fix your eyes on Jesus.

WEDNESDAY

Do a Tech or News fast today. With that time, pray, read, listen to worship music. Do something to connect your heart to God.

THURSDAY

Write down a list of all the characteristics of God you can think of. Pray and thank Him for those things. Reflect on Jesus and what He did for us on the cross. Thank God for the sacrifice of Jesus.

FRIDAY

Check out the Growth Pathway [here](#). Pick one of the Following Jesus pathway steps and commit to doing one of those to keep your eyes fixed on Jesus.



WEEK 3 & 4: Part 1/3

LOOK BEYOND YOURSELF

LIVE GENEROUSLY

LOOK BEYOND YOURSELF: 2020 has felt like a boxing fight that is going the distance. It's easy to just going into defensive mode to just survive. If we want to win this fight and thrive, we need to go on the offense and be intentional with our actions. God calls us to set apart of lives for Him by looking beyond ourselves. He has equipped us to live out this mission of relationships and we each have a part to play in this fight. We're better when we look to be in it together and not just focus on our own lives or struggles. We need to intentionally open our eyes and lives to see people as God sees them.

QUESTIONS

How can our struggles isolate our lives and cause us to go into defensive mode?

Read Hebrews 12:20-21. It says the God has equipped you with everything good for doing His will. What does that mean to you?

Review Romans 12 [here](#).
What do is the current pattern of this world?
How can being set apart for God renew your mind in this crazy year?

The second half of the chapter focuses on love in action and ends with how we can overcome evil with God's goodness in our lives. How do you think that works? How have you seen that work?

What is your next step to be set apart for God and to share God's goodness?

BIBLE READING PLAN

Here's a Bible Reading Plan in the Bible App for this week on being set apart. Click [here](#).



HEBREWS 12:14

Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.

HEBREWS 13:20-21

Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever.



WEEK 3 & 4: Part 2/3

LOOK BEYOND YOURSELF

LIVE GENEROUSLY

LIVE GENEROUS: In a year like 2020, everything feels like it's went down the toilet. Things feel uncertain, a pandemic is flaring, and job security feels tenuous the temptation is to live tight-fisted. We can try to hold on with a death grip to everything, but what we see in the pages of the Bible is that our best life is lived when we actually live open-handed and generous, even in hard times. That can't be right, can it? When we can take steps to trust God as our provider, and live open-handed what we realize is that open-handedness is never a loss, it's always an investment. God is a generous God and although in times like this, living open-handed can illicit fear, what we realize as we follow Him is that the thing to fear isn't giving away too much, it's sowing too little!

QUESTIONS

What have you changed (if anything) during this COVID season when it comes to your possessions or resources?

Where do you tend to most live "tight fisted" vs. "open handed"? Why do you think that is? How about the reverse? Why do you think that is?

Read 2 Corinthians 9:6-11 here. What do you think vs. 6 means? Have you seen that in your own life?

According to 2 Corinthians 9:8-11 what does it say that God does and what do we "receive" when we live open-handed?

In verses 8-11 we receive a promise of what God will do for us, what we will accomplish, and what will happen in us. List out those promises. In the message, we talked about how it comes down to our trust in God. Why do you think it's hard to trust God when it comes to living open-handedly?

What's one step you can take to live more generously?

HEBREWS 13:16

And do not forget to do good and to share with others, for with such sacrifices God is pleased.

BIBLE READING PLAN

Click here for a 7 Day Bible Reading Plan on how to become a generous person.

BIBLE: GENEROSITY

Click here for a biblical overview of generosity from the Bible Project.





WEEK 3 & 4: Part 3/3

LOOK BEYOND YOURSELF LIVE GENEROUSLY

LOOK BEYOND YOURSELF: DAILY PRAYER

DAILY PRAYER FOR WEEK 3 or 4: Begin each day this week with this prayer:

God, today help me to see people the way you see them. Open my eyes to see opportunities to share Your love and to help others. I want to set my life apart for You. Use me today to be an encouragement to others.

Journal your experience or share with your group/team at the Journey how God used you.

LIVE GENEROUSLY PRAYER FOR OUR GLOBAL PARTNER

5 DAYS OF PRAYER FOR WEEK 3 or 4

DAY 1 – Sponsored Compassion children, Compassion Center, Church in Santa Rosa, Peru and pastor, Pastor Segundo. Most families in Santa Rosa live on less than \$2 per/day and clean water and sanitary conditions are challenging. Pray for health, protection from COVID, and adequate food, water and health care. Pray for the Compassion Center, Church and Pastor as they look to provide care for the 200 sponsored children and families.

DAY 2 – Verve Church, Vince, Marble Manor Housing Project, and Verve Kids. Las Vegas has been hit hard by Covid, including huge unemployment numbers. Pray for Verve Church and Pastor Vince Antonucci as they look to share hope in Sin City. Pray for the families in the Marble Manor Housing Project & the Verve volunteers who serve in the roughest housing project in Vegas. Pray also for the kids at Verve Church that they would experience God's love.

DAY 3 – Berry Family, Kenya – Pray for Ben & Esther Berry and family as they look to return to Kenya for one last year of teaching. Pray for opportunities to continue to impact the community around them and the children and families in need in their community. Pray for God's provision for the Berry's and for clear direction for them.

DAY 4 – Converge, New Churches, Expansion on lakeshore. Pray that more churches would be started to reach people far from God and that "Relationships, not Religion" would expand along the lakeshore. Over 75% of our community doesn't attend church regularly. Let's share hope & represent Jesus well. Pray also for our Converge Network, that together we'd see more and more people encounter the life changing transformation that only Jesus can bring.

DAY 5 – Local Organizations – In this year where our community has been hit hard, pray for great partner organizations in our local community like Love in the Name of Christ, Muskegon Rescue Mission, Bethany Christian Services, Hope Project, Every Women's Place, Kids Food Basket, and Feeding America. Pray for resources. Pray for impact. Pray for the people they will serve – from the homeless to the hurting, from the abused to the used to the hungry.



WEEK 5: Part 1/2

BE THANKFUL

Being thankful can change our whole perspective. It helps us to see our lives, other people, and the world with a different view. When we have a heart of gratitude and a mind of being thankful, we can actually thrive in times that are difficult. An attitude of thankfulness can give you a heart full of joy instead of stress, frustration, and disappointment. Be intentional about and practice being thankful. It will open the door for you to connect with God consistently and on a deeper level.

QUESTIONS

Do you think it's easy or hard to show gratitude? Why?

When you have lived generously, how have you experienced gratitude shifting your life? Shifting your attitude, your relationships, your outlook, your connection with God....?

Read Hebrews 12:28. Why should the unshaken God and His kingdom shift our perspective?

How do you see a connection between thankfulness and reverence?

What are some ways we can be intentional to maintain an attitude of gratitude?

HEBREWS 12:28

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe

BIBLE READING PLAN

[Click here](#) for a Bible Reading Plan in the Bible App about being thankful.





WEEK 5: Part 2/2

BE THANKFUL

THIS WEEK: GRATITUDE PRAYERS & BIBLE VERSES

Write these verses out on notecards and place them around your house or car as a reminder to be thankful. Try to memorize a couple of them.

1 Thessalonians 5:18

Psalms 106:1

1 Corinthians 5:57

1 Chronicles 29:13

1 Timothy 1:12

Take a few minutes to say 5 prayers of thanks to God

DAY 1: Thank God for some people in your life

DAY 2: Thank God for the ways He provides for you

DAY 3: Thank God for specific blessings of this past year

DAY 4: Thank God for his love and how He is always with you

DAY 5: Thank God for sending Jesus to die on a cross for our sin & offer forgiveness

EXERCISE IN GRATITUDE

Take 5 minutes and make a list of as many things as you can that you are thankful for. After you make the list, share it with someone or share on your social media pages.

SHOW GRATITUDE

Write a thank you note to 2-3 people that you appreciate to show them your gratitude.

JOURNEY CHURCH