



## WEEKEND RESOURCES | JUNE 23, 2024

### Overcoming Obstacles | Lessons for Everyone from Everest

**USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE IN YOUR PERSONAL STUDY TIME OR WITH YOUR GROUP.**

**Message Recap:** In 2022, Tom Basson, our lead pastor, set two Guinness World Records on Mount Everest. From this extraordinary achievement, he shares valuable lessons that can inspire everyone.

#### » Main Points

- We All Face Obstacles
- Embrace the Pain
- Do the Small Things
- Stop Dreaming at Night

#### » Getting Started

- What are the top 5 things on your bucket list that you would like to accomplish before the end of your life?
- What is holding you back?

#### » Observation

- Read and reflect on [Hebrews 12:1-3](#); [Luke 16:10](#); [Isaiah 40:31](#); [Psalm 121](#)
- What are your initial reactions to these passages? What do you find challenging? How are you encouraged? Why?

#### » Questions for Reflection and Discussion

- We all have our own mountains to climb, obstacles to overcome, and pain that we must deal with. Life is hard. Reread Hebrews 12:1-3. What encouragement do you find in these verses for overcoming obstacles and learning to embrace the pain?
- Look at Luke 16:10. What are the small things you can do to help you accomplish something bigger?
- God did not call you to start a race. He created you to finish one. Where have you stopped running your race because you stopped dreaming during the day and are no longer dangerously making your dreams a reality?

#### » Next Steps and Prayer

- Tom asked: Could it be that the difference between where you are and where you want to be is the pain you are unwilling to embrace? Could the "magic" you seek be found in the pain you are avoiding? Spend some time honestly reflecting on these questions.
- Close by asking God to help you live a counterintuitive life - to embrace the pain, do the small things, and stop dreaming at night.



I lift up my eyes to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip - he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you - the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm - he will watch over your life; the Lord will watch over your coming and going both now and forevermore.

- Psalm 121:1-8