

LOOP Study Guide

Flag on the Play - Pastor Tim Chambers

*FLAG ON THE PLAY

this sunday



Key Scripture:

Hebrews 12:1 "...let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us."

Flag on the Play – Drop the Weight, Run the Play

Big Idea: *You can love God, still be in the game, and yet keep losing ground if you're carrying what He already told you to drop.*

Key Texts: Hebrews 12:1; John 8:36; Galatians 5:1; Hebrews 12:11; 1 Corinthians 9:24–25

1. CONNECTION — BREAKING THE HUDDLE

Icebreakers

- Have you ever felt busy but not actually moving forward?
- What's something small that can completely kill your momentum?
- When you hear the word *discipline*, do you think helpful or heavy?

Setup

In football, a penalty doesn't always take you out of the game — but it can quietly cost you yards, momentum, and confidence. Spiritually, the same thing happens. You can still love God, still be called, still be playing — but something you're holding onto keeps pushing you backward. Tonight we're talking about **weights**, **release**, and **restored momentum**.

2. SCRIPTURE — THE PLAYBOOK

Read Together

- **Hebrews 12:1** — Weights vs. sin
- **John 8:36** — True freedom
- **Galatians 5:1** — Living free
- **Hebrews 12:11** — Discipline produces fruit
- **1 Corinthians 9:24–25** — Discipline over desire

Key Thought

Not everything that slows you down is sinful — but everything that slows you down matters. God’s goal is not to remove you from the game, but to restore your momentum.

3. DISCUSSION — WATCH THE REPLAY

A. FLAG ON THE PLAY

1. The message said, “*Not every penalty ejects you — some quietly kill momentum.*”
Question: Where do you feel like you’ve been losing yards spiritually?
2. You can still be on the field and moving backward.
Question: Why is it sometimes harder to notice spiritual stagnation than total failure?
3. Holding often looks small, but it has big consequences.
Question: What are some “small” things that can have big spiritual impact if left unaddressed?

B. WEIGHT VS. SIN

1. Hebrews 12:1 talks about *weights* and *sin*.
Question: Why do you think Scripture makes that distinction?
2. The message said, “*If you only look for sin, you’ll miss the weight.*”
Question: What are some examples of weight that aren’t sinful but still slow people down?
3. “You can be forgiven and still fatigued.”
Question: Why is it easier to confess sin than to release pain?

C. HOLDING AND FEAR

1. Holding is often a fear response, not a faith decision.
Question: What fears tend to cause people to hold onto things too long?
2. Linemen hold because they’re afraid of losing ground.
Question: Where might you be trying to control something instead of trusting God?
3. “What you grabbed to survive can become what keeps you stuck.”
Question: What started as protection in your life that may now be a prison?

D. WHAT YOU HOLD EVENTUALLY HOLDS YOU

1. Jesus says we are *truly free*, yet many believers feel stuck.
Question: Why do you think freedom requires maintenance?

2. Unreleased pain doesn't stay neutral — it shapes us.
Question: How have you seen unresolved hurt turn into patterns like defensiveness or bitterness?
3. "What you refuse to release, you empower to restrict."
Question: What might God be inviting you to release so you can move forward again?

E. CORRECTION IS NOT REJECTION

1. God throws flags to protect the game, not ruin it.
Question: How does this change the way you view conviction or correction?
2. If God corrects you, it means you're still in the game.
Question: Why do people often interpret correction as rejection?
3. "God is less concerned with how you started the play than where you end it."
Question: What does forward progress look like for you right now?

F. DISCIPLINE OVER DESIRE

1. Desire gets you in the game; discipline keeps you advancing.
Question: Where is your desire strong but your discipline weak?
2. Championships aren't won by hype — they're won by habits.
Question: What small habit could restore spiritual momentum in your life?
3. "What you tolerate quietly eventually costs you publicly."
Question: What is something God may be asking you to stop excusing?

4. APPLICATION — DROP THE WEIGHT

Personal Reflection

Invite everyone to sit quietly and consider:

- What am I holding that God already told me to drop?
- Who do I need to forgive?
- What season do I need to stop reliving?
- What label do I need to stop wearing?
- Where has comfort replaced discipline?

Group Challenge

This week, commit to one **release + one discipline**:

- **Release:** Forgiveness, control, guilt, fear, offense

- **Discipline:** Prayer, presence, confession, Scripture, accountability

Tie this directly to **Every Soul • Every Street:**

We can't move freely toward others if we're dragging something secretly behind us.

5. PRAYER — RESET THE DRIVE

Leader Prompt

Encourage the group to imagine physically dropping whatever they've been carrying — laying it down before God.

Closing Prayer

“God, thank You that You don't throw flags to shame us, but to restore us. Help us release what's been slowing us down and train us to live free. Restore our momentum. Teach us discipline that leads to life. We don't want to just stay saved — we want to stay moving. In Jesus' name, amen.”

THINGS HAPPENING AT FRESH START CHURCH:

- **Journey Groups** - In our Journey groups we provide a small group setting to discover the basics of the Christian life and a safe place to ask tough questions. Whether you've been in Church and walking with Jesus for a long time or you are brand new to all of this — Journey Groups are a great way to learn, connect and grow together. Our Journey group meets for 14 weeks at 10:30 in the Student Building and our new semester begins February 8th. Learn more and sign up on the Church Center app.
- **Night to Shine** - February 13th. Still opportunities to volunteer. Sign up to volunteer on the Church Center app.
- **The Table Women's Gathering** - Sunday, Feb 22nd. Connecting Fresh Start women of all ages and stages of life for friendship, growth and encouragement. Event is free of charge. Bring a “theme based” appetizer or dessert dish to share. We'll be getting to know God and each other a little better.
- **Grief Share Group** - Wednesday, March 4th. Join us at Fresh Start Church for Grief Share, a supportive community where you can find comfort and healing after the loss of a loved one. Our Grief Share sessions provide a safe space to share your journey, connect with others who understand, and receive guidance from experienced facilitators.