



1. When you hear the phrase being "on fire for God"—whether from church camp, youth retreats, or Christian culture—what memories or feelings does that bring up?
2. Have you ever felt pressure or guilt because your spiritual “fire” didn’t feel strong enough? What worries came with that? What did that internal struggle look like?
3. We focused on 2 Timothy 4:7. Read the verse together. The phrase “good fight” points to something beautiful and noble, that’s formed on the inside, rather than just outward religious performance. How would you describe the difference between working hard on outward spiritual habits versus tending to your inner character with the Holy Spirit?
4. In the phrase there is also a sense of a long-lasting “fight” that takes endurance and steadfastness. Share about a time when you endured and what was formed in you spiritually that has strengthened your faith.
5. Read Hebrews 12:1-2. We often act like it's entirely up to us to cross the finish line with our faith intact. How does it change your perspective—and relieve your anxiety—to remember that Jesus is not only the starter of your faith, but the one who already finished it?
6. Unlike modern races focused on speed and winning, the ancient Greek Lampadedromia (torch race) was also about keeping the flame lit to the end. What are the winds or distractions right now that threaten to make you feel like your torch is flickering out? Where do you sense the Trinity’s invitation to you in this?
7. One challenge for this week was to think about someone in your life who has been an example of life-long faith. Share who that is and what you notice (or have learned by talking with them) is true of their faith that has helped it remain so constant.
8. What would it look like for you to rest in the truth that God is the keeper of your flame this week, instead of trying to manufacture the spark on your own?