



Reflection Questions

How does this week's message connect to the theme last week of "Up, In & Out"?

How did you feel watching the video clip of the Runner?

- can you remember when you've been in the role of the runner?
 - how were you impacted by people in the role of Crowd/Dad/Cameraman?
- can you remember when you've been in the role of Crowd/Dad/Cameraman and have impacted another "runner?"

The wider context of the verses we looked in Hebrews 10 is of a call to "persevere in faith". What part does gathering together play in that perseverance and endurance?

Have there been times/circumstances where you've had to "persevere in faith"

Have there been times when you've had to "persevere with Church"?

- what helped you to do so?
- how have you helped others do so?

How did you feel when challenged about how frequently you gather, and the reasons you give for not gathering?

Was the analogy of the circulation system helpful when thinking about the gathering/scattering rhythm of Church life?

- what other analogies might work & why?

A healthy heart pumps and pulsates. With tremendous power the heart draws blood in and sends it out. Everything depends upon the heart's ability to both **gather and scatter** blood **with meaningful force and a consistent rhythm**. Without this constant systolic and diastolic movement, this rhythm of in and out, a person's blood will quickly become static and stale; it will decay and ultimately die. **The very life of the body is found in the gathering and scattering power of the heart.** - Matthew Kaemingk

How important is it for there to be “**meaningful force and a consistent rhythm**” to our gathering?

How can we encourage one another to be faithful in gathering together regularly?

Everyday Application:

- what has God said to you?
- what are you going to do about it?
- who do you need to help you?

Additional Scriptures

This week we only looked at three verses of Scripture. Below are additional passages for further study on the themes of gathering and scattering which may be useful:

Gathering

Matthew 18:20

Colossians 3:16

1 Corinthians 14:26

1 Thessalonians 5:11

Acts 2

Acts 20:7

Scattering

Matthew 28:19

Mark 16:15

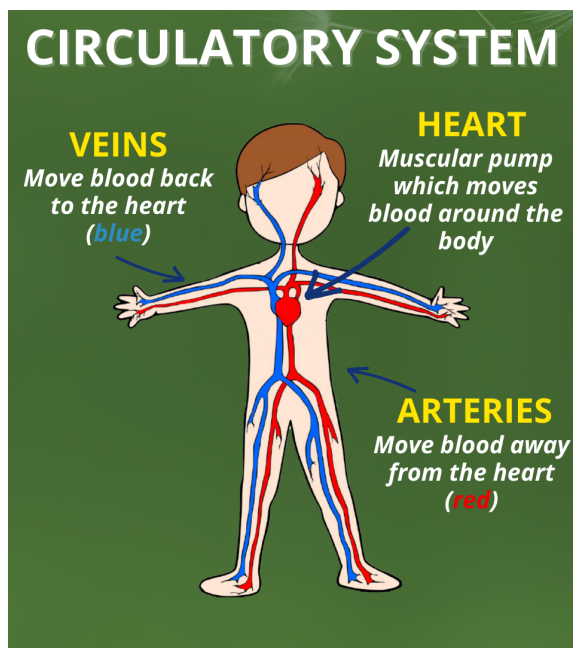
1 Peter 3:15

Romans 1:16

Acts 1:8

Matthew 9:37-38

Images/Slides




Home of Raleigh Baptist Church



The Church
GATHERED

Sunday / Onsite & Online
Mid-week / Life Groups

This illustration shows a church building on the left and a house on the right. Below them are several groups of blue human icons. A white arrow points from the church building to the text 'Home of Raleigh Baptist Church'. Two white curved arrows at the bottom point towards the central text 'The Church GATHERED'.



The Church
SCATTERED

Everyone, Everywhere,
Everyday

This illustration shows various icons representing different settings: a school, a coffee cup, a house, a windmill, and a modern building. Blue human icons are scattered throughout these settings. Two white curved arrows at the bottom point towards the central text 'The Church SCATTERED'.