

# THEREFORE

## WE DO NOT LOSE HEART

FOR CHRIST IS HERE

1. How do you know if someone has lost heart?
2. When do you find you lose heart in following Jesus?

### Read 2 Corinthians 4

3. Scan chapter 4 and note the things that would have caused the apostle to lose heart?  
(See also 2 Corinthians 11:24-28)
4. How was he able to not lose heart? What things guided his vision toward heartened gospel living?
5. How does verse 11-18 reveal the 'J Curve'?  
<sup>1</sup> If you're confused by the 'J Curve' see the footnotes or even simply recall the journey that Jesus did from heaven and then onwards towards his ascension and exaltation.<sup>2</sup> Now, why don't you try drawing it?
6. What happens to you spiritually, emotionally, and physically when you lose heart? Do you have any safeguards that you use? Are they effective?
7. How can you aid those in your Gospel Community when you see they have lost heart? Be specific.
8. Who is one person you would like to commit to asking to read through John's gospel with *The Word One to One* in 2023? Now, consider committing to praying for the friend of one member of your DNA.

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<sup>1</sup>Life's inconveniences, disappointments, and trials can leave us confused, cynical, and eventually bitter. But the apostle Paul traces out the path of dying and rising with Jesus - what Paul Miller calls the "J-Curve" - as the normal Christian life. The J-Curve maps the ups and downs of daily life onto the story of Jesus. It grounds our journeys, not in some abstract idea but in union with Christ and his work of love. Understanding our lives in light of the J-Curve roots our hope, centres our love, and tethers our faith to Christ.

<sup>2</sup>You may be interested to [watch this short one-minute video](#) by Pastor Paul Millar that explains the 'J Curve'.

