

# Intensity

**Ron Brown Video** – After showing the video break up into small groups and discuss.

Link: <https://vimeo.com/242820444>

## 1. Opening thoughts on Intensity:

Intensity is defined as the quality or state of being intense. It's the extreme degree of strength, force, energy, or feeling. When we seek God, our pursuit of Him must be intense, focused, and relentless. The Bible has many stories of people who intensely sought God. One woman cried out to Jesus for him to heal her daughter. She was so loud that the disciples were annoyed, but that didn't bother Jesus because he healed her. We must never give up our relentless pursuit of God! Pursue God with intensity!

## 2. Introduction to Video:

Ron Brown's video series is available through the Nebraska FCA website.

**3. Show Video:** Show the entire 5 minutes and discuss.

## 4. Questions:

- What are some examples of teams that play with great intensity? How about athletes?
- The opposite of intensity is apathy. How do you define apathy? What results from it?
- What stood out to you in the video?
- What are some other examples of intensity or people who pursue God with intensity?
- Discuss the following quote: "What comes into our minds when we think about God is the most important thing about us." A.W. Tozer. Do you agree or disagree? Why?

## 5. Closing Thought....

Hebrews 2:1 was a warning to the Hebrew Christians to **not** neglect what they were given. "We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away." The word *drift* is used for a thing that is negligently, carelessly, or thoughtlessly lost. It can become easy for a team to slide into a losing streak and begin to drift from the fundamentals they have been taught. It's just as easy for Christians to neglect their pursuit of God.

Here's a sports parable that describes the danger of neglect:

A marathon runner has a hydration running belt that is cracked, and the water is slowly dripping out unobserved. The water is "slipping away." When he becomes thirsty and reaches for the belt to take a drink, he finds that it's empty.

What does this sports parable teach us about our spiritual life?