

Southwest Life Groups

A Place to Belong...A Place to Transform

Focus: To watch Jesus as he challenges a man to be about more than just talking a good game and to truly challenge ourselves to do the same.

Introduction: Read the Parable of the Push-Ups

- Share your initial thoughts on the story.
- Discuss the impact of what Brother Christianson did for Steve that others did not.
- Assess how this challenge might have changed Steve.
- Share how you respond to being challenged.
- Contrast a life that is challenged versus a life that is left to its own devices.

Dig: Read Mark 10:17-31

- Share your general reflections on the players in the story.
- Assess this young mans heart...what was he really after?
- Evaluate why Jesus would point the man to God and not to himself here.
- Interpret why almost all of the commandments Jesus spoke were negative.

This man wanted to be respected and felt he could be by “not” doing certain things. Respectability is about talk and not about action. Jesus wanted to know what good he (the man) had done with what he had been given not just what he hadn’t done! Respectability is not Christianity.

- Focus in on this man’s heart...why did he go away sad?
- Discuss how he dealt with the challenge Jesus put in front of him.

Application:

- Evaluate how most believers deal with being challenged to be more than they are.
- Assess how this idea is really about counting the cost of discipleship.
- Are we as a group more about talking the game or living in it?
- What challenges need to be made tonight for our group to move past good ideas and into living like Christ?

Plan of Action: At the beginning of the year many of us talked about what we wanted in a group or even what we wanted in our faith journey. I would like to suggest that we end tonight with a conversation centered around critiquing ourselves. Are we all talk or are we challenging ourselves? Will we move forward or will we be saying the same things a year from now that we are saying today? Challenge your group!

The Parable of the Push-Ups

There was a boy by the name of Steve who was attending school in Utah. Brother Christianson taught at this particular school. He had an open-door policy and would take in any student that had been thrown out of another class as long as they would abide by his rules. Steve had been kicked out of his sixth period and no other teacher wanted him, so he went into Brother Christianson's class. Steve was told that he could not be late, so he arrived just seconds before the bell rang and he would sit in the very back of the room. He would also be the first to leave after the class was over. One day, Brother Christianson asked Steve to stay after class so he could talk with him. After class, Bro. Christianson pulled Steve aside and said, "You think you're pretty tough, don't you?"

Steve's answer was, "Yeah, I do."

Then Brother Christianson asked, "How many push-ups can you do?"

Steve said, "I do about 200 every night."

"200? That's pretty good, Steve," Brother Christianson said. "Do you think you could do 300?"

Steve replied, "I don't know... I've never done 300 at a time."

"Do you think you could?" Again asked Brother Christianson.

"Well, I can try," said Steve.

"Can you do 300 in sets of 10? I need you to do 300 in sets of ten for this to work. Can you do it? I need you to tell me you can do it," Brother Christianson said.

Steve said, "Well... I think I can... yeah, I can do it."

Brother Christianson said, "Good! I need you to do this on Friday."

Friday came and Steve got to class early and sat in the front of the room. When class started, Brother Christianson pulled out a big box of donuts. Now these weren't the normal kinds of donuts, they were the extra fancy BIG kind, with cream centers and frosting swirls. Everyone was pretty excited-it was Friday, the last class of the day, and they were going to get an early start on the weekend.

Bro. Christianson went to the first girl in the first row and asked, "Cynthia, do you want a donut?"

Cynthia said, "Yes."

Bro. Christianson then turned to Steve and asked, "Steve, would you do ten push-ups so that Cynthia can have a donut?"

Steve said, "Sure," and jumped down from his desk to do a quick ten.

Then Steve again sat in his desk. Bro. Christianson put a donut on Cynthia's desk. Bro. Christianson then went to Joe, the next person, and asked, "Joe do you want a donut?"

Joe said, "Yes."

Bro. Christianson asked, "Steve would you do ten push-ups so Joe can have a donut?" Steve did ten push-ups, Joe got a donut. And so it went, down the first aisle, Steve did ten pushups for every person before they got their donut. And down the second aisle, till Bro. Christianson came to Scott. Scott was captain of the football team and center of the basketball team. He was very popular and never lacking for female companionship. When Bro. Christianson asked, "Scott do you want a donut?" Scott's reply was, "Well, can I do my own pushups?"

Bro. Christianson said, "No, Steve has to do them."

Then Scott said, "Well, I don't want one then."

Bro. Christianson then turned to Steve and asked "Steve, would you do ten pushups so Scott can have a donut he doesn't want?"

Steve started to do ten pushups. Scott said, "HEY! I said I didn't want one!"

Bro. Christianson said, "Look, this is my classroom, my class, my desks, and my donuts. Just leave it on the desk if you don't want it." And he put a donut on Scott's desk.

Now by this time, Steve had begun to slow down a little. He just stayed on the floor between sets because it took too much effort to be getting up and down. You could start to see a little perspiration coming out around his brow. Bro. Christianson started down the third row. Now the students were beginning to get a little angry.

Bro. Christianson asked Jenny, "Jenny, do you want a donut?"

Jenny said, "No."

Then Bro. Christianson asked Steve, "Steve, would you do ten pushups so Jenny can have a donut that she doesn't want?" Steve did ten, Jenny got a donut.

By now, the students were beginning to say "No" and there were all these uneaten donuts on the desks. Steve was also having to really put forth a lot of effort to get these pushups done for each donut. There began to be a small pool of sweat on the floor beneath his face, his arms and brow were beginning to get red because of the physical effort involved. Bro. Christianson asked Robert to watch Steve to make sure he did ten pushups in a set because he couldn't bear to watch all of Steve's work for all of those uneaten donuts. So Robert began to watch Steve closely. Bro. Christianson started down the fourth row.

During his class, however, some students had wandered in and sat along the heaters located on the sides of the room. When Bro. Christianson realized this; he did a quick count and saw 34 students in the room. He started to worry if Steve would be able to make it.

Bro. Christianson went on to the next person and the next and the next. Near the end of that row, Steve was really having a rough time. He was taking a lot more time to complete each set.

Steve asked Bro. Christianson, "Do I have to make my nose touch on each one?"

Bro. Christianson thought for a moment, "Well, they're your pushups.. You can do them any way that you want." And Bro. Christianson went on.

A few moments later, Jason came to the room and was about to come in when all the students yelled, "NO! Don't come in! Stay out!"

Jason didn't know what was going on. Steve picked up his head and said, "No, let him come in."

Bro. Christianson said, "You realize that if Jason comes in you will have to do ten pushups for him."

Steve said, "Yes, let him come in."

Bro. Christianson said, "Okay, I'll let you get Jason's out of the way right now. Jason, do you want a donut?"

"Yes."

"Steve, will you do ten pushups so that Jason can have a donut?" Steve did ten pushups very slowly and with great effort. Jason, bewildered, was handed a donut and sat down.

Bro. Christianson finished the fourth row, then started among those seated on the heaters. Steve's arms were now shaking with each pushup in a struggle to lift himself against the force of gravity. Sweat was dripping off of his face and, by this time, there was not a dry eye in the room.

The very last two girls in the room were cheerleaders and very popular. Bro. Christianson went to Linda, the second to last, and asked, "Linda, do you want a doughnut? Linda said, very sadly, "No, thank you."

Bro. Christianson asked Steve, "Steve, would you do ten pushups so that Linda can have a donut she doesn't want?"

Grunting from the effort, Steve did ten very slow pushups for Linda..

Then Bro. Christianson turned to the last girl, Susan. "Susan, do you want a donut?" Susan, with tears flowing down her face, asked, "Bro. Christianson, can I help him?"

Bro. Christianson, with tears of his own, said, "No, he has to do it alone, Steve, would you do ten pushups so Susan can have a donut?"

As Steve very slowly finished his last pushup, with the understanding that he had accomplished all that was required of him, having done 350 pushups, his arms buckled beneath him and he fell to the floor.

Brother Christianson turned to the room and said.

"And so it was, that our Savior, Jesus Christ, plead to the Father, "Into thy hands I commend my spirit." With the understanding that He had done everything that was required of Him, he collapsed on the cross and died - even for those that didn't want His gift. And just like some of those in this room, many choose not to accept the gift that was provided for them.