



Second Wind of Faith | Doug Wekenman | 10.11-12

Weekly Study

SHARE

Welcome to Week 2 of **“Kiss the Fire.”** This series invites us to face the fires we would rather avoid and discover how Jesus meets us there with purpose and healing. Today we are talking about a “second wind” of faith, the fresh strength God gives when life feels like a marathon and everything in you wants to quit.

This week’s message came from *James 1:1-4* and the image of runners who hit a wall, then catch a second wind. Spiritually, many of us need that right now. The early church knew pressure, scattering, loss, and fear, yet James called them to a joy rooted in what trials produce. We also heard a powerful reminder that the same Spirit who raised Jesus lives in us and strengthens our inner being.

- ☐ What “fire” are you tempted to avoid, and why?
- ☐ Have you ever felt God give you a second wind right as you wanted to stop?

GROW

Read James 1:1-4.

- ☐ What stands out to you in this passage when you think about your current “race”?

James writes to a people, not only a person. Pressure scattered believers and threatened their livelihoods and relationships, so he called them to a counterintuitive posture: “consider it joy.” Joy here is not pretending pain feels good. It is trusting God to redeem what he does not call good, allowing the testing of faith to produce perseverance and maturity. Community is crucial in this

process. Who runs beside you often determines if you keep running.

☐ **Who is in your corner right now, and how do they “spur” you toward Jesus?**

Pain invites reframing. We can tell ourselves a story of defeat, or we can trust that God wastes nothing. The message reminded us that trials are not proof God abandoned us. Instead they often become a portal into his presence. The call is not to escape pain quickly but to receive from God within it, so perseverance can “finish its work.”

☐ **Where are you trying to escape discomfort instead of asking what God might form in you through it?**

Faith holds tension. Jesus is the conquering Lion and the suffering Lamb. Real discipleship refuses either or. We can face brutal facts and live with resilient hope at the same time. That is “time under tension,” the environment where spiritual muscle forms. As we hold both realities, the Spirit strengthens our inner being.

☐ **What truth about God do you need to remember while you also name the hard facts of your situation?**

☐ **Which part of Jesus have you emphasized lately, Lion or Lamb, and how is that shaping your expectations?**

The second wind image helps. In running, the body shifts fuels and adapts, then strength you already had becomes accessible. Spiritually, God’s Spirit already lives in you. When you lean in rather than numb out, you experience that internal shift. Souls on fire can stand in the fire.

☐ **What would leaning in look like for you this week instead of numbing or avoiding? Be specific.**

MOVE

Read Hebrews 10:24-25.

Your circle matters. On his own, the runner took the “bus home.” With a friend beside him, he finished the full race. The same is true of faith. Take inventory. Who are the people who will not let you settle or quit, especially in the fire? Choose to be that kind of friend as well. Invite challenge. Cultivate “spurable” skin that can be called up without walking away.

☐ **Who do you need to text today to say, “I need you to help me keep running right now”?**

- ☐ **What do you want them to ask you this week?**

Reframe the fire. Do not be so fixated on escaping pain that you fail to receive what God wants to form in you through it. The circumstances we try to change are often the ones God is using to change us. This is not passivity. It is active trust. Own what you can own. Confess where you need to confess. Forgive where you want to stay angry. Move toward God when your plans feel least good.

- ☐ **What is one concrete place to trade avoidance for engagement this week, and what is your first step?**

Refuse counterfeit relief. Instant numbing gives an early payoff and a later bill. Biblical joy chooses present endurance for a future payoff. If you are tempted to medicate pain, bring that urge into the light with a friend. Replace numbing rhythms with formative rhythms: Scripture, worship, honest prayer, and consistent gathering. Lay the firewood and ask God to light the flame.

- ☐ **Which numbing habit shows up when life heats up, and what life-giving practice will you put in its place starting today?**
- ☐ **What passage will you carry this week to anchor your mind when the heat rises?**

PRAY

Pray as a group, ask God to help you face what's uncomfortable, to strengthen your inner being, and to teach you how to trust Him in the fire. The same Spirit that raised Christ is still breathing in you today, ready to give you your second wind.