



**TITLE:** *Fruit That Lasts*

**OPENING QUESTION:** What's one Christmas distraction that seems to trip you up every year?

Distraction #1 — The Inner Critic

*Sometimes the loudest critic is the voice in our own head.*

**QUESTION:** Read Nehemiah 5:1–7. What caused the internal conflict among God's people? How did Nehemiah handle it?

Our Response: ***Fix your eyes up.***  
(Hebrews 12:2)

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Distraction #2 — The Deceptive Invitation

**QUESTION:** Read Nehemiah 6:1–4. What stands out to you about Nehemiah's response to the deceptive invitation?

*Sometimes we say "yes" to so many good things that we say "no" to the God thing.*

Our Response: ***Set your boundaries firm.***  
(1 Corinthians 6:12)

**QUESTION:** What boundaries could you set this season to protect your focus on God's work in you?

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Distraction #3 — Fear and Lies

**QUESTION:** Read Nehemiah 6:5–13. How did Nehemiah respond to lies and intimidation? What can we learn from his prayer posture?



Response: **Stand your ground in prayer.**  
(Philippians 4:6–7)

**QUESTION:** Which of the three distractions — *The Inner Critic*, *The Deceptive Invitation*, or *Fear and Lies* — do you most relate to right now?

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When distraction rises - **Look** up.

**QUESTION:** What would it look like for you to “fix your eyes up” this Christmas rather than “look in” or “look around”?

When temptation calls - **Stay** up.

When fear whispers - **Pray** up.

**QUESTION:** How might prayer become your first response instead of your last resort when you face pressure or fear?

***As a group, pray for one another to experience God’s peace and focus on this Christmas season.***

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## **LANDING QUESTIONS:**

**QUESTION:** What is one specific action you will take this week to stay focused on God and resist the distraction you identified?

**QUESTION:** Who can you invite to check in with you or encourage you as you take that step?

