

Week 6

LET US LIFT THE CUP TOGETHER

Ecclesiastes 4:9-10 (NLT)

“Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help.”

INTRODUCTION:

In sports, one of the most exciting moments is when the team lifts the trophy. After effort, discipline, and sacrifice... victory comes. But there is something important: no one lifts the trophy alone. Behind every champion, there is a team, support, and people who were part of the process. And life is the same way: God did not design us to run alone... He designed us to win together.

1. WE WERE NOT DESIGNED TO RUN ALONE. (Ecclesiastes 4:9)

Together we advance further. Two people accomplish more than one alone. In life, support multiplies your progress. People grow faster when they have guidance or Community. We need constant motivation. There will be days when you do not feel like continuing. That is when someone else can push you forward. We all need someone who reminds us why we keep going.

Isolation weakens your race. When you separate yourself, you become more vulnerable, because alone it is easier to give up, doubt, and stop. God designed community to strengthen you. So, when you feel like isolating yourself or distancing yourself from others... don't give up on doing life with others.

2. TOGETHER WE RISE IN DIFFICULT MOMENTS. (Ecclesiastes 4:10)

We all go through difficult moments. “..Here on earth you will have many trials and sorrows.

But take heart, because I have overcome the world.” John 16:33 (NLT).

In life, there are seasons when things do not go as we expected. It does not mean you are failing... it means you are in the process. Example: moments of exhaustion, pressure, mistakes, or situations you do not understand. But those moments are not the end...they are opportunities to rise and keep moving forward.

Others help you rise. God does not always lift you up directly; many times, He uses people to do it. And even when it is difficult to open up or trust others, “don't give up” on connecting with people... that is often where God wants to strengthen you. In difficult moments, a word of encouragement, a piece of advice, or a prayer can completely change your outlook.

Example: Someone calls you right when you need it most, or encourages you when you are about to give up. That is why it is so important to be part of a Rhema. You do not come just to listen... you come to be loved, supported, and lifted up when you need it most. God designed community so that no one has to run the race alone.

Lifting others is also part of winning. What God has done in your life is not just for you, but for you to share. Example: someone encouraged you, prayed for you, or lifted you... now you can do the same for someone else. As the Bible says: “Freely you have received; freely give.” Matthew 10:8 (NIV).

What God did for you... now He wants to do through you.

3. VICTORY IS BETTER CELEBRATED IN COMMUNITY. “Be happy with those who are happy...” Romans 12:15 (NLT)

It is not just about arriving, but about arriving together. The finish line has greater value when you are not alone.

It is not the same to achieve something by yourself as it is to share it with people who walked the journey with you.

Example: celebrating a family breakthrough, a restoration, or a personal victory alongside others. God does not only want you to arrive... He wants you to arrive with others. Your life impacts the race of others. What you do affects not only you, but also the people around you. Your perseverance can inspire someone else not to give up.

Example: someone who keeps moving forward despite difficulties inspires others to do the same. Never underestimate how your journey can strengthen someone else's faith and encouragement.

Lifting the trophy is celebrating what God has done in everyone. Victory is not only individual; it is the result of a shared journey. It is seeing how God worked in you, but also in the people who walked beside you.

Example: celebrating together a transformed life, an achieved goal, or a restored relationship. The most beautiful part is not simply winning... it is looking around and knowing you did not arrive alone.

CONCLUSION

Life is not a race to run alone... it is a race to finish together. Because in this competition, the winner is not the one who arrives first; the winner is the one who arrives with others. So do not isolate yourself, do not disconnect, and do not run alone. And even when it is difficult to trust, open up, or stay connected with others... "Don't give up" on walking in community. Because when we reach the finish line... we are going to lift the trophy together.

SALVATION PRAYER: Lord Jesus, I acknowledge that I have sinned and that You died for me. Today I repent and ask for Your forgiveness. I give You my life and my heart so that You may be my Lord and personal Savior. Amen.

MEMORY VERSE: Ecclesiastes 4:9-10 (NLT) "Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help...."

INTERACTIVE QUESTIONS:

1. In what area of your life have you been trying to move forward alone, and how has that affected you?
2. What would change in your life if you had a group of people who supported you, encouraged you, and walked with you every week?
3. Who is one specific person you could encourage, support, or invite this week so they do not have to walk alone?

PRACTICAL APPLICATION FOR THE WEEK:

- Connect with someone this week (do not isolate yourself).
- Encourage or help someone who needs it.
- Allow someone to support you as well.