



First Baptist Church of Highland Park Men's Bible Study Handout Monday, March 2, 2026

Gradually Then Suddenly – Chapter 2: The Lost Weekend

Opening Scripture: Luke 9:62 (NLT)

“Anyone who puts a hand to the plow and then looks back is not fit for the Kingdom of God.”

Opening Statement:

Mark Batterson introduces the concept of “The Lost Weekend.” This is not necessarily a literal weekend, but a season in a man’s life when he loses focus, fire, and forward momentum. No man drifts all at once. He drifts gradually... then suddenly.

Chapter Summary:

A Lost Weekend represents:

- A lapse in discipline
- A lapse in faith
- A lapse in focus
- A lapse in identity

Key Principle:

You rarely lose your destiny in one decision. You lose it in small, unguarded moments.

Biblical Case Study: David – 2 Samuel 11:1 (NLT)

“In the spring of the year, when kings normally go out to war, David stayed behind in Jerusalem.”

David’s lost season began when he was out of position. When you are out of position, you become vulnerable.

Teaching Point #1: Lost Weekends Begin with Lost Focus

Hebrews 12:2 – Keep your eyes on Jesus.

Teaching Point #2: Lost Weekends Happen When Men Stop Showing Up

Real men show up spiritually, emotionally, physically, and consistently.

Teaching Point #3: Lost Weekends Can Be Redeemed

Joel 2:25 – God restores lost years.

SEE REVERSE SIDE

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Application:

1. Stay Connected to God – Joshua 1:8
2. Stay Committed to Your Assignment
3. Stay Consistent

Discussion Questions:

1. Have you ever experienced a Lost Weekend season?
2. What caused it?
3. What helped you recover?
4. How can men help each other avoid spiritual drift?

Closing Declaration:

Proverbs 4:25–26

“Look straight ahead... Mark out a straight path for your feet.”

Closing Prayer:

Lord, help us stay focused, disciplined, and faithful. Restore anything we've lost and make us the men You've called us to be. In Jesus' name, Amen.