

AT THE MOVIES

WEEK 1
ROCKY
DANNY ANDERSON

"Many of life's failures are people who did not realize how close they were to success when they gave up." Thomas Edison

All of us experience problems in life.

Rocky had perseverance.

"It's about how hard you can get hit and keep on moving forward. How much you can take and keep moving forward. That's how winning is done." Rocky Balboa

The temptation is to give up.

The problems of life don't have to knock you out.

1. Take responsibility.

"The first step to building resilience is to take responsibility for who you are and for your life... you are not responsible for everything that happens to you. You are responsible for how you deal with what happens to you." Eric Greitens

2. Get a coach.

If either of them falls down, one can **help** the other up.
But pity anyone who falls and has no one to **help** them up.
Ecclesiastes 4:10

3. Put in the work.

"For a 45-minute fight, you gotta train hard for 45,000 minutes. That's ten weeks, that's 10 hours a day, ya listenin'?"
Mickey (Rocky's Coach)

Good planning and **hard work** lead to prosperity, but hasty shortcuts lead to poverty. *Proverbs 21:5*

4. Be obsessed.

2 Corinthians 11:23-27

But my life is worth nothing to me unless I use it for **finishing the work** assigned me by the Lord Jesus—the work of telling others the Good News about the wonderful grace of God. *Acts 20:24*

Will you take **responsibility**?

Will you get a **coach**?

Will you put in the **work**?

Will you get **obsessed**?

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For Group Discussion

Answer these questions prior to your Small Group meeting this week.

Introduction

"Our greatest glory is not in never falling, but in rising every time we fall." Just like Rocky, we all face major problems in life. And just like Rocky, we must figure out how to win against all odds. How do we overcome our obstacles in the same way Rocky overcame his?

Discussion Questions

1. Read John 16:33. When have you dealt with something that kept you down for too long but shouldn't have? How did you overcome?

When facing life's problems, the temptation is to give up. If you had to rank yourself on how well you persevere on a scale of 1-10, what would you give yourself? Why?

2. Which principles stick out to you when reading 1 Samuel 17:1-58? Why do you think Israel's men were afraid to face Goliath? What was David's initial reaction to seeing Goliath defy the Israelites? Why was David able to overcome any fear or anxiety he may have experienced so he could take on Goliath?

What "Goliath-sized" problems are you currently facing that have the potential to knock you out?

3. When life's problems persist, it can be easy to "throw in the towel," but it is possible to persevere and get back up. We don't have to let them knock us out. Discuss the following four ways to overcome life's problems:

Take responsibility. Read Galatians 6:4-5. Blame-shifting is easy. Why is it so hard to take responsibility?

Get a coach. Read Ecclesiastes 4:10. You won't be resilient on your own. Who can support you in overcoming life's problems? Who is keeping you from overcoming life's problems?

Put in the work. Read Proverbs 21:5. How are you training to build emotional and spiritual resilience so you can withstand the knockdowns of life and get back up?

Be obsessed. Read 2 Corinthians 11:23-27. Paul was obsessed with fulfilling God's calling for his life. What calling in your life are you obsessed with fulfilling?

4. Read Acts 20:24. We won't be able to "finish the work" God calls us to engage in if we can't persevere. Discuss any obstacles you face to answering "yes" to these four questions. "Will you take responsibility? Will you get a coach? Will you put in the work? Will you get obsessed?"

What steps do you feel led to take this coming week so you can say "yes" to these four questions?

OUTREACH: GROUPS IN ACTION

Looking for ways to serve this summer? Shepherd Community needs help fulfilling their mission of keeping local children from going hungry. If you would like to serve as a group or a family, contact Kerry Carmichael, or visit www.shepherdcommunity.org for details.

School systems are already preparing for how they can help families in need during the 2017-2018 school year. Will you collect and donate some school supplies and bring them in between now and July 2nd? (Yellow #2 pencils, folders with prongs, spiral notebooks, 24-packs of crayons, etc.) Further questions, please contact Kerry Carmichael at kcarmichael@eclife.org.

Action Step

Fill in the blanks below for this upcoming week.

My action steps are _____.

I'm accountable for _____, and their action steps are _____.

My memory verse is _____.

This coming week, I'm praying for: