

Women 2017

LESSON PLAN: WO-MEN Part 4 Step Into Your Purpose

SPECIAL GUEST Jeff Bramstedt, former Navy SEAL

June 4, 2017

THIS WEEK: Pastor Miles interviewed former Navy SEAL Jeff Bramstedt about being a strong soldier and how that closely related to being a strong Christian. Jeff gave several examples of what it is like to go through Navy SEAL training. One of his life changing moments was on a run - Jeff fell behind his team on a group run. An older, heavier instructor came alongside Jeff and took away all his excuses for not being up with the rest of his classmates. The instructor got Jeff to run faster than he ever had run before, and pushed him well past his comfort level and perceived mental and physical limits. Jeff also discussed the importance of a "swim buddy" - a teammate who was always close by no matter what and how we need to have an accountability partner as Christians.

Opening Discussion - Study Questions:

1. Pastor Miles shared that he arrived at church with an emotion of being mad. Think about the moment you entered this Life Group room a short time ago. What was your emotion?
2. **READ 2 Cor 1:3-5**
Think of a time when you were in a desperate circumstance or great personal struggle. Did you blame God or did you use Him to come thru and overcome your situation? How do these verses guide us now?
3. Jeff said he does at least 200 pull-ups daily (and he has the 'guns' to prove it!) The enemy works against us 24/7. What percent of your waking moments do you work out Spiritually? What is your favorite excuse for not spending more time fighting the spiritual battles? What are some of the ways you do fight the spiritual battles?
4. **READ 2 Timothy 2:1-4**
Paul, in verse 4 warns of "civilian affairs" that we might be entangled with. What are some examples of "civilian affairs" today that entangle us? What are some of the ways we can please our commanding officer?
5. Pastor Miles and Jeff talked about using the Bible as a weapon. Someone wearing a uniform does not make them a soldier in the same way someone owning a Bible does not make them a Christian soldier. How do you use the Bible as a weapon for Christ? What situations are you hesitant to use the Bible?

One of the things that make Navy SEALs one of the premier fighting forces in the world, is how they train the individual to completely abandon personal limits and comfort zones, and then thru teamwork, exceed physical and mental barriers and perform almost unbelievable feats.

Setting: For those unfamiliar with the movie Facing the Giants, it is a 2006 movie made with a Christian cast and crew. It is about a losing high school football coach with an underdog team facing their giants of fear and failure on and off the field. This is one of the most unforgettable scenes.

VIDEO Clip: Facing the Giants - Death crawl scene.

<https://www.youtube.com/watch?v=3fOXgn98t0Q>

Share what is your 'Death Crawl Moment' - a time when you exceeded your physical or mental limit because someone was alongside and encouraging you.

Going Deeper

1. Pastor Miles explained that churches typically have only 20% of its members actively participating and supporting the church mission and activities. What can YOU do to come alongside someone and encourage greater participation? - be specific.

Suggest getting into groups of 2 for these questions

Leader Note: Some of these questions below are deep and personal. Consider when forming into groups of 2 to have **men only pair up with men and women with women.**

1. Share with your partner something in your life that you need to stop doing that will change your life for the better? - be specific.

2. Share with your partner a recent time you fooled someone and made the enemy happy.

3. Pastor Miles and Jeff talked about the difference between **strong** and **hard**. Someone with lots of muscles is not necessarily hard... they must be able to use those muscles effectively. Praying, reading the Bible, giving, and serving are just some of the activities of a hardened Christian.

Being hard is letting God take you past what you are comfortable with.

What do you need to do more of in order to become more hardened?

Pray with one another about this.

4. Jeff talked about having a "swim buddy" - a partner always within an arm's length away during all SEAL training. Pastor Miles asked the church how many had an accountability partner. Do you have an accountability (your spouse does not count) partner? If so, share with your partner how it is working. If not, what is keeping you from having one? Share a question an accountability partner should ask that would make you uncomfortable.

Going Deeper - Personal Challenge:

1. What are you hiding that you hope nobody ever finds out? Could you share that with an accountability partner? Why or why not?

Taking it Home - Application:

There are 2 ministry event opportunities coming up:

* Men's Conference June 10 to register:
<http://www.sdrock.com/events/18624/>

* Marriage Getaway June 23-25 to register:
<http://www.sdrock.com/events/18099/>

MEMORY VERSE: You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. 1 John 4:4

QUOTE: In all of the teachings of Jesus, He never called on us to just go to church. We do not go to or watch a football game just to see the players huddle up. We want to see what happens when they execute the play called in the huddle. Going to church is our version of the huddle. - Pastor Miles

QUOTE: What is character? It is that place inside you that affects all the **things you do**, the **things you say**, and the **decisions you make**. - Jeff Bramsteadt

TRIVIA: The 2012 Movie, Act of Valor (about a Navy SEAL team), is full of characters and scenes performed by real Navy SEALs and not actors. All stunts are performed with real Navy SEALs. Even the best Hollywood stuntmen were supposedly awestruck at what typical Navy SEALs could do.

LIFE GROUP PRAYER REQUESTS:
