



Keep Marching On | January 24, 2017

Discussion Guide

The Scoop

The reality is that we are all going to face challenges. Did you know music could help you get through some of those challenges?

Key Verse

James 1:2-4 (MSG)

Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way.

Discussion

If we engage with others on any level, it soon becomes apparent that people are struggling. Life is full of challenges—maybe it's a failing marriage, a crumbling career, a crippling addiction, or failing health—we all have challenges and struggles in our lives.

1. What is a generic list of examples of the struggles in people's lives?
2. What do you do to cope with and overcome struggles?

When we are trying to get to know people on a level where we can be very open and honest about sharing our struggles, it often helps to find common threads and themes in our stories on which we can connect. One way of doing this is through song. The themes and stories in songs can often resonate with us on a much deeper and basic level. *Marching On* by One Republic is sort of an anthem in the midst of struggle. They say in the song that there will be days of struggle and turmoil, but we must keep marching on!

3. Can you think of a song that helped you during a time of struggle?
4. Can you think of any other medium that has helped you cope with struggles (i.e. a poem, movie, book, video, etc.)?

James addresses life's challenges in the Bible (James 1:2-4). He says that we should embrace and engage these challenges because they will help us grow as individuals and in our faith lives. The struggles and challenges that we face in life are often not a great deal of fun, but if we fully embrace them and let them grow us, we will certainly be stronger people.

5. What are some ways that you can more fully engage in and embrace the challenges in your life? What about in the lives of others?
6. How do you think embracing challenges can make your faith life stronger?

What's Next?

The big take away from watching the lives of others, is that we all have one thing in common...we will face challenges. This week, embrace the challenges in your life, and know that those tough times will help you develop and grow. Additionally, share your stories of struggles with others to inspire, encourage, and support. Doing so helps us keep marching on...one foot in front of the other.