

“THE GOOD FIGHT” Discussion Questions

Episode 1: The Fall

Plagued by failure, not only in the ring but in his personal life and childhood, David sinks into depression. He’s surrounded by people shouting about his failures. He believes he is who everyone says he is: “*Worthless. Pathetic.*” But he looks to his coach, the only person in his life who speaks truths about who David is: *Strong. Capable. Determined.*

1. Our identity is not found in what people think of us, or even what we do or do not accomplish. It’s found in who our **Creator** made us, and who **He** says we are. Why do you think it’s *easy* to believe the lies we’re told about ourselves, and *difficult* to believe what God says?
2. Think specifically about the lies you believe about **yourself**. Can you identify them? Why does it benefit Satan for you to believe those things about yourself?
3. This is especially difficult when it comes to **family members** who harm, abuse, and berate us. If you have experienced this, you understand firsthand how **damaging** it can be to someone. What steps can you take **today** to aid in overcoming the hold this can have on your life? What are some **long-term** things you can do to help?
4. Maybe it’s not you, but you probably **know someone** who has been in this situation. What are ways we can walk alongside our friends as they are in this battle?
5. What **scripture** could help you or someone you know who is struggling with their identity in Christ? What scripture and **promises from God** would help someone who is in a toxic or harmful situation?
6. “*We don’t train so that we don’t get beat, we train so that what beat us before, won’t be us again.*” Do you agree or disagree? What spiritual applications does this attitude have?