



WILL YOU FINISH STRONG? with Jeff Tiegs

▶ FOCUS VERSES

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
Ephesians 6:12

▶ DISCUSSION

1. **Talk about Jeff's early comment that "People don't want to hear a sermon, they want to see one." (See James 1:22 and Matthew 5:16.)**
 - a. Have you ever been left feeling unsatisfied or disconnected from God because of people who preached to you but didn't practice that preaching in the real world?
 - b. What could they have done instead that would have inspired you and made you feel more invested in God's teachings?
2. **In his book, Jeff describes how even towering Biblical figures fell into the trap of "they get older, get what they want, no longer ambitious."**
 - a. Does that quote apply to you at all?
 - b. Do you feel like you're "coasting" through your current season of life? If so, why do you think you've gotten that way?
 - c. What was the big milestone or achievement that left you feeling like you didn't have any truly important new goals to achieve?
 - d. What aspects of life seem less fulfilling or satisfying to you now?



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- 3. Discuss Jeff's concept of "finishing strong" in life. (See 1 Corinthians 9:24 and 2 Timothy 4:7.)**
- Have you ever thought it was too late to achieve big things—or do you feel that way now?
 - What does finishing strong look like to you in this stage in life?
 - What goals or aspirations does it involve that you could begin working toward today?
- 4. Reflect on Jeff's harrowing descriptions of the sex trafficking underworld.**
- Did those descriptions shock you?
 - Did they cause you to look at this country, or the world, in a different way?
- 5. Have you ever given in to the temptation to "commodify" sex—to view it as something casual and transactional rather than loving and beautiful?**
- What negative effects did that have on your relationships?
 - What negative effects did it have on you personally?
- 6. Jeff describes how sex traffickers degrade women by using their pasts against them to keep them subjugated, hopeless, and stuck in "the life."**
- Did that resonate with your own experience in any way?
 - Has the enemy used shame and self-doubt to make you believe you couldn't escape an unhealthy habit or lifestyle, and therefore keep you separated from God?
- 7. Do you have a job that you would describe as emotionally or spiritually taxing?**
- Does it frequently leave you feeling drained at the end of the day, or with a bleak and cynical outlook on the world?
 - Do you do anything to deal with those feelings and keep them from taking a toll on you mentally?

