



## HOW AN NFL PLAYER DEALS WITH FAILURE

with Cody Hollister

### ▶ FOCUS VERSE

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.  
Isaiah 40:31

### ▶ DISCUSSION

1. **Of all the positive things you've achieved in your life, which has been the most unlikely—the thing you maybe hoped and prayed for, but weren't really sure would ever happen?** *(See James 1:7.)*
  - a. What had to happen to turn that goal or achievement from a fond hope into a reality?
  
2. **What are some of the ways in which you frequently, in the words of Cody's dad, "wipe the back of the toilet"—doing something that might never be seen by anyone, but is still worth doing anyway?** *(See Colossians 3:23.)*
  - a. Why is it important for you to do those things?
  
  - b. Conversely, are there any good deeds you've shied away from because there wouldn't be any recognition for it?
  
  - c. Why was that recognition important to you?
  
3. **If you're a parent, what are some things you do for your kids that your own father rarely or never did for you?** *(See Deuteronomy 6:6-7.)*
  - a. What needs do you make a point of fulfilling that weren't fulfilled for you when you were little?



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- b. What do you hope your own kids will gain from that?
  - c. Have you ever talked or reconciled with your parents about the things you lacked as a child?
4. **Thinking about how Cody often found himself in the position of needing to make both his parents happy even when they were at odds with each other, do you consider yourself the kind of “people pleaser” who has to make sure everyone is happy as often as possible?**
- a. Does it create stress in your life when two people you care about are in conflict with one another?
5. **Think about the most public failure you’ve ever had. Then think about the private failing you held inside for the longest time.**
- a. Which one did you recover from more quickly?
  - b. What were some of the factors that made that recovery easier, and/or that made the other one so difficult?
6. **Of all the people in your life, who knows you better than anyone else? (See Proverbs 18:24.)**
- a. What shared interest, value, experience, or confession has allowed the two of you to create such a strong bond?
  - b. Are they the kind of person you can, in Cody’s words, “give your one percent to”?
  - c. If not, what would it take for you to be completely transparent and vulnerable with this person?
7. **Discuss the Bible verse Cody named as his favorite, Job 1:21, where Job says, “Naked I came from my mother’s womb, and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised.”**
- a. Is it difficult for you to have that same intensity of faith in God’s plan for your life?
  - b. What’s something you’ve hoped for or aspired to for a long time, but it still hasn’t happened?
  - c. Can you think of any ways in which you’ve grown stronger or wiser even as you’ve had to go on without that wish being granted?

