



ARE YOU BUILT DIFFERENT? with Zach Clinton

▶ FOCUS VERSES

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Romans 5:3-5

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

2 Corinthians 4:8-9

▶ DISCUSSION

1. **If you were raised in a Christian household, do you remember the point in your life when your faith became something personal to you, not just something you experienced through your parents?**
 - a. Was there a specific life event (or events) that caused this epiphany?
 - b. At the time, did those events seem positive or negative to you, and how did they prompt you to think more deeply about your faith?
2. **Zach says one of his greatest joys as a counselor is being able to sit with someone who says "I feel hopeless today" and help them regain that sense of hope. (See Isaiah 40:31.)**
 - a. When was the last time you felt hopeless, and was there a specific aspect of your life you felt hopeless about?
 - b. Do you still feel that way, or did something or someone help you see things from a new perspective?



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- 3. Discuss the different expressions of faith Zach talks about in his book—“What if,” “Only if,” and “Even if.” Which one do you think most accurately represents your mindset or faith right now?**
- a. If the answer isn’t “Even if,” what are some ways in which that outlook could be preventing you from having a deeper relationship with God, and finding a sense of fulfillment in life?
- 4. On a scale of 1 to 10 (1 being least and 10 being most), how emotionally resilient would you say you are?**
- a. Can you think of any events or experiences from your life that shaped you into that kind of person?
- 5. Building off of the previous question, what’s a recent failure or setback you experienced that you were able to “bounce back” from quickly, and what do you think helped you to do so? (See Proverbs 24:16.)**
- a. Conversely, what’s a failure or setback that it took you a long time to recover from, and why do you think you struggled to bounce back?
- 6. Of the “four Ps” that Zach says stand in the way of modern men building a deeper relationship with God—the past, pressure, phones, and pornography—which one would you say is taking up the most “brain space” right now?**
- a. What’s something in your life that this “P” is holding you back from doing?
- b. Are there any things you could do—or people you could seek out—that could help you make it less of a disruptive presence in your life?
- 7. Zach ends the podcast by pointing out how a greater sense of gratitude can literally rewire our brains, and connects this to our need to praise God for our blessings. (See Psalm 95:2.)**
- a. What’s one important thing in your life that, even with all the struggles and pressures you currently have to deal with, you’re still always thankful for?
- b. Do you take some time each day to give thanks to God for that blessing?
- c. What could you do to make that thanksgiving part of your daily routine?

