



Handling the Tough Transitions

with Ryan Rogers

DISCUSSION

1. “If you hear it from a man, go pray on it,” Ryan advises. “If you hear it from God, go do it.” Does this describe how you’ve handled difficult decisions in your life? Or have you been more likely to follow what people tell you to do and look for a way out of the challenging things God asks of you? Is there a dilemma you’ve faced recently in which you’ve sought other people’s advice but not God’s?
2. Do you surround yourself with “wise counsel”—people who won’t merely tell you what you want to hear, but offer original insight and challenge you? Who in your life is most likely to challenge you like that, and what are the special attributes of that person that have caused you to stay connected to them even when they tell you things that are difficult to hear? *Proverbs 12:15*
3. Of all the big transitions you’ve had to make in life, which one was the most difficult? What was particularly hard about that life change? What insecurities did it expose?
4. Have you ever been stuck in the position of subordinate or “number two” even though you knew you had the skills and qualifications to be the leader? How did that affect your relationship with the person in charge? Did you commit to learning from and respecting that person, or did your resentment get in the way? What have you learned from that experience? *Hebrews 13:17*

5. Would you describe yourself as a disciplined person? If so, how did you learn that sense of discipline? If not, what's an area of your life that you feel a particular need to get under control right now? **1 Corinthians 9:27**
6. Think of a time in your life when—like Ryan ringing the “first-timer bell” after the triathlon while surrounded by his loved ones—you got to experience achievement, recognition, or triumph in the presence of people you cared about. How was that experience different from other times you'd been recognized or rewarded? Did it motivate you to set even more ambitious goals?
7. How do you and your spouse have fun? Do you involve your friends in it? And if so, does their presence or participation make that activity even more enjoyable than it would be otherwise?
8. Ryan advises men who are feeling stuck in life to pick one particularly important area in which they want to grow and improve, and then find people who will hold you accountable for making progress. What's an area in which you feel a need to grow? Who are the people best equipped to help you grow? Make a plan to reach out to them this week.