



# Just Because You're Tired Doesn't Mean You've Failed

with Zach Meerkreebs

## DISCUSSION

1. 1:30—Read the passages from 2 Corinthians that Zach references, and the statement “My grace is sufficient for you, for my power is made perfect in weakness.” What does this passage mean to you? Can you think of a time when you admitted a weakness and relied on God’s grace to help you overcome it? *2 Corinthians 12:9–10 (NIV)*
2. 3:49—Who (or what) are the “unreliable narrators” you’ve allowed to shape your vision of masculinity? Can you think of a recent “aha” moment in which you realized one of those narrators was untrustworthy and that God offered a better plan? *Romans 12:2 (NIV)*
3. 4:37—Which of your friends do you feel like you have “permission” to admit weakness to? What about them makes you feel safe entrusting knowledge of your weakness to them? Do you have any friends whom you absolutely wouldn’t trust with that information, and if so, why? *Ecclesiastes 4:9–10 (NIV)*
4. 13:46—When you experience a period of major excitement or achievement, does the end of that period make you feel energized by all that you experienced, or are you more likely to feel depressed that it’s over, or that you didn’t do more? Are you willing to accept the possibility that God didn’t want or expect you to do more? *Psalms 127:1–2 (NIV)*

5. 17:13—Have you ever been reluctant to make full use of your skills or talents because you were afraid of looking like you were showing off or being prideful? Does using those talents to serve or glorify God help you feel less inhibited? *1 Peter 4:10–11 (NIV)*
  
6. 20:24—Have you ever “sat in a seat of honor,” only to be told to give it up to someone who deserved it more? Conversely, have you ever started out in a “lower seat” but were then invited to a higher one? Which was the more satisfying experience? *Luke 14:10–11 (NIV)*
  
7. 30:08—Has someone ever come to you for help and you had to tell them “I can’t be everything you need me to be”? Have you ever heard that from someone you went to for help? How did you react to hearing that? *Galatians 6:2, 5 (NIV)*

## ADDITIONAL RESOURCES

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- Zach’s recent book, *Lower: Igniting Spiritual Awakening Through Radical Humility*