

# Be Humble, Be Disciplined, Be Proficient

with Jordan Ames



## DISCUSSION

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1. 2:25—Think back to the most hopeless time in your life—the time when your belief in the possibility that things could get better was at its lowest. Did you engage in any sort of negative behavior because you believed nothing mattered, that that was what you were stuck with? What eventually inspired you to hope and try for something better? *Romans 5:3-4*
2. 4:49—What would you say is the biggest mistake you've made in search of acceptance from others? Was there ever a time when your attempt to be something you weren't, just to impress other people or fit in with them, backfired on you in a big way? Were there any long-term consequences of that decision, and did you learn anything from it? *Galatians 1:10*
3. 11:56—Has there ever been a time in your life when you were convinced you'd only ever be defined by the worst thing you'd done? What about that act or sin seemed so irredeemable to you? Who was the first person to offer you community and acceptance in spite of that, and what did it feel like? *Romans 8:1*
4. 22:06—Even if you've never been locked up, did Jermaine's advice to incarcerated dads—"Your children need to feel your presence"—touch you in any way, as a father or as a son? What are some things you could do to be more present in your kids' lives even though you might lead a demanding or challenging life yourself?

5. 27:02—Have you ever worked so hard to atone for something you were ashamed of that it actually took you away from what God wanted for you? Did your lingering feelings of guilt make you feel like you deserved less in some aspect of your life—career, relationships, education, etc.? What did it take for you to accept that God wanted something better for you? *Romans 5:1*
  
6. 30:44—Who are some people in your life who have impressed you by taking responsibility for their own decisions and actions, and acknowledging the role they may have played in something unfortunate happening? Who are some people in your life who immediately look for someone else to blame? Which people stand out to you as living healthier, happier, more fulfilling lives?
  
7. 33:12—How easy is it for you to work or socialize with people whose beliefs or backgrounds differ significantly from yours? Do you try to focus on what you have in common with them, or do you find yourself getting hung up on your differences? Would you say you're able to see the image of God even in people to whom you find it difficult to relate? *Galatians 3:28, Genesis 1:27*

## ADDITIONAL RESOURCES

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- Prison Fellowship website: [prisonfellowship.org](https://www.prisonfellowship.org)
- Prison Fellowship article about Jermaine's life story:  
<https://www.prisonfellowship.org/story/the-spiritual-awakening-of-jermaine-wilson/>