

Questions for personal reflection and group discussion

# FIND YOUR BRAVE

Study Questions

HOLLY WAGNER



# Questions for Personal Reflection and Group Discussion

## Chapter 1: Rising in the Darkness

1. What is the most recent earthquake you've experienced? In which areas of your life were you left scrambling to find your footing?

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2. Holly explains that the word *virtuous* in Proverbs 31 is translated from the Hebrew word *chayil*, which “has to do with might, strength, and valor.” How does it feel to know that God is calling you, as a woman, to be strong and powerful—a “force on the earth”?

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3. What does it look like to be a woman who “rises” when trouble and heartache come (Proverbs 31:15, esv)?

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## Chapter 2: Brace Yourself

1. When have you found that your thoughts affected the outcome of a situation for either good or bad?

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2. What do you know for certain about who God is right now? What Scriptures are you using to brace your mind so that the truth is more real than the facts of your situation?

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3. Do you find it easy or difficult to ask someone else for help? Why do you think that is? King Solomon wrote, "Two are better than one" (Ecclesiastes 4:9). What friend are you holding on to as you ride out this storm? And because there are others who need you, what friend are you helping through her storm?

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## **Chapter 3: Let It Go**

1. Just for fun: on the last trip you took, did you pack anything you didn't use? If so, what was it?

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2. What hurts—related to friends, family, finances, school—are you carrying around now? What lies are you believing about who you are, or who God is, that cause you to hold on to the baggage in your life?

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3. Holly suggests four pieces of baggage that we need to throw overboard if we're to weather the storms in our lives: past hurts, unmet expectations, fear, and insecurities. As you consider each of those burdens, which one seems the heaviest in your life right now? What would it look like on a practical level to throw it overboard today?

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#### **Chapter 4: Keep the Main Thing the Main Thing**

1. Consider a decision, either small or large, that you face today. In what ways can you keep God's kingdom a priority in your decision-making process?

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2. What role do relationships—with God and others—play in finding your brave?

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3. Identify a goal you've set for yourself and describe how you've gotten sidetracked. What distractions are cluttering your mind, schedule, and priorities right now? What would help you get back to focusing on the main thing?

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## Chapter 5: Get Your Hopes Up

1. Sometimes we use the word *hope* to mean “wishful thinking.” What is the true meaning of the word *hope*? Why do you think the author of Hebrews referred to hope as an anchor (6:19)?

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2. In Romans 5:3–4 we read, “Suffering produces perseverance; perseverance, character; and character, hope.” When have you seen suffering lead to hope in your life or in the life of someone you know?

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## Chapter 6: Courage Is a Decision

1. What is the difference between *feeling brave* and *believing in God as your bravery*?

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2. Romans 8:28 tells us that God “causes everything to work together for the good of those who love God and are called according to his purpose for them” (NLT). How does this truth help you find your brave today?

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## Chapter 7: Anchored

- When you face difficult circumstances, what is the most common way for you to try to numb your pain? How would a deeper awareness of your true identity and purpose help you anchor yourself in God instead?

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- Describe the relationship between worship and contentment. Are you attending church, or are you actually planted in the house of God? What is the difference?

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- Following Holly's model, write your own declaration of freedom.

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- How do you want to be remembered? Are you living your life in a way that will cause you to be remembered the way you want? Explain your answer.

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## **Chapter 8: Don't Quit!**

1. Describe something in your life that you are tempted to quit. What truth about God helps you keep going?

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2. What role model—either someone in history or someone you know personally—inspires you to live with determination to follow through on what you started?

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3. Why do you think God asks us to do impossible things?

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## **Chapter 9: Stronger**

1. How do you view your body and God's desire for you to care for your body? In what ways do you care for yourself through physical exercise, healthy eating, and rest?

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2. In general, do you feel that you control your emotions or that they control you? Why?

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3. Describe a recent time when you experienced wonder. Why do you think wonder keeps us from growing cynical?

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### **Chapter 10: The Other Side**

1. Holly writes, “The presence of Jesus on board does not necessarily guarantee a smooth passage. What we are promised is His presence in the storm. . . . The same God who called you to the other side is not panicked in the middle.” How does this description compare with your own perspective in the midst of challenging circumstances? Picture Jesus asleep in the boat in the middle of a current storm in your life. How does His peacefulness shape your response?

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2. How would you experience storms in your life differently if you truly believed God has a future hope for you?

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## Chapter 11: When You Make Your Own Storm

- When have you done something you regret because you wanted to control a situation?

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- Are you in the middle of a storm of your own making? What would it look like to come to your senses, get humble, and repent? How would those actions help you find your brave?

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## Chapter 12: The Shore

- Holly writes, "We can look back and wish for something different, or we can look ahead and trust that God will meet us there." How could you show, through your thoughts and actions, that you are looking ahead to the shore in the midst of a storm today?

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- After reading *Find Your Brave*, in what ways do you feel more equipped for whatever storm may come next in your life?

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3. What encouragement could you offer today to help someone else  
in your life find her brave?

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# Scriptures to Speak over Your Situation

As we talked about, the Word of God is powerful. It is the weapon God has given us to fight our battles, and it can be used to refocus our mind to the truth. Here are some Scriptures for you to write in a journal, meditate on, or speak out loud over your situation.<sup>1</sup> Let His Word be your strength in the middle of whatever storm you find yourself.



**Exodus 14:14:** "The LORD himself will fight for you. Just stay calm."



**Exodus 15:2:** "The LORD is my strength and my song; he has given me victory. This is my God, and I will praise him—my father's God, and I will exalt him!"



**Deuteronomy 31:6:** "Be strong. Take courage. Don't be intimidated. Don't give them a second thought because God, your God, is striding ahead of you. He's right there with you. He won't let you down; he won't leave you."<sup>2</sup>



**Deuteronomy 31:8:** "Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; he will neither fail you nor abandon you."



**Joshua 1:9:** "This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go."



**1 Chronicles 16:11:** "Search for the LORD and for his strength; continually seek him."



**Psalm 9:9:** "The LORD is a shelter for the oppressed, a refuge in times of trouble."



**Psalm 16:11:** "You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever."



**Psalm 18:32–34:** "God arms me with strength, and he makes my way perfect. He makes me as surefooted as a deer, enabling me to stand on mountain heights. He trains my hands for battle; he strengthens my arm to draw a bronze bow."



**Psalm 23:4:** "Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me."



**Psalm 27:1:** "The LORD is my light and my salvation—so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble?"



**Psalm 34:7:** "The angel of the LORD is a guard; he surrounds and defends all who fear him."



**Psalm 50:15:** "Call on me when you are in trouble, and I will rescue you, and you will give me glory."



**Psalm 55:22:** "Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall."



**Psalm 61:3:** "You are my safe refuge, a fortress where my enemies cannot reach me."



**Isaiah 40:28–31:** "Have you never heard? Have you never understood? The LORD is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding. He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."



**Isaiah 41:10:** "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."



**Isaiah 41:13:** "I hold you by your right hand—I, the LORD your God. And I say to you, 'Don't be afraid. I am here to help you.'"



**Isaiah 43:2:** "When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you."



**Lamentations 3:22–23:** "The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning."



**Matthew 11:28–29:** “Jesus said, ‘Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.’”



**John 14:27:** “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.”



**1 Corinthians 10:13:** “The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.”



**2 Corinthians 5:17:** “Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”



**Philippians 4:6–7:** “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”



**Philippians 4:13:** “I can do everything through Christ, who gives me strength.”



**2 Peter 1:3–4:** “By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world’s corruption caused by human desires.”