

TIM TEBOW



A 4-SESSION SERIES FOR PERSONAL OR GROUP STUDY

SHAKEN

BIBLE STUDY

DISCOVERING YOUR TRUE IDENTITY
IN THE MIDST OF LIFE'S STORMS

WITH A. J. GREGORY

SHAKEN

BIBLE STUDY

TIM TEBOW

SHAKEN
BIBLE STUDY

**DISCOVERING YOUR TRUE IDENTITY
IN THE MIDST OF LIFE'S STORMS**

WITH A. J. GREGORY



WATERBROOK

SHAKEN BIBLE STUDY

All Scripture quotations are taken from the New American Standard Bible®. Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by the Lockman Foundation. Used by permission. (www.Lockman.org).

Details in some anecdotes and stories have been changed to protect the identities of the persons involved.

Trade Paperback ISBN 978-0-7352-8989-5

eBook ISBN 978-0-7352-8990-1

Copyright © 2016 by Timothy R. Tebow

Cover design by Kristopher K. Orr; cover photograph by Bryan Soderlind

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from the publisher.

Published in the United States by WaterBrook, an imprint of the Crown Publishing Group, a division of Penguin Random House LLC, New York.

WATERBROOK® and its deer colophon are registered trademarks of Penguin Random House LLC.

Library of Congress Cataloging-in-Publication Data

Names: Tebow, Tim, 1987– author. | Tebow, Tim, 1987– author. Shaken.

Title: Shaken Bible study : discovering your true identity in the midst of life's storms / by Tim Tebow, with A.J. Gregory.

Description: First Edition. | Colorado Springs, Colorado : WaterBrook, 2016.

Identifiers: LCCN 2016040282 (print) | LCCN 2016044410 (ebook) | ISBN 9780735289895 (pbk.) | ISBN 9780735289901 (electronic)

Subjects: LCSH: Identity (Psychology)—Religious aspects—Christianity—Textbooks. |

Success—Religious aspects—Christianity—Textbooks.

Classification: LCC BV4509.5 .T433 2016 (print) | LCC BV4509.5 (ebook) | DDC 155.2—dc23
LC record available at <https://lcn.loc.gov/2016040282>

Printed in the United States of America

2016—First Edition

10 9 8 7 6 5 4 3 2 1

SPECIAL SALES

Most WaterBrook books are available at special quantity discounts when purchased in bulk by corporations, organizations, and special-interest groups. Custom imprinting or excerpting can also be done to fit special needs. For information, please e-mail specialmarketscms@penguinrandomhouse.com or call 1-800-603-7051.

Contents

A Note from Tim	1
How to Use This Guide	5
SESSION 1: Who Are You?	9
SESSION 2: When Storms Come	31
SESSION 3: Others Matter	51
SESSION 4: A Legacy-Driven Life	71

A Note from Tim

Thanks to social media, we can tell the world—in a certain number of characters or with a photograph we've taken several times and Photoshopped to death—who we are. This is me, we say, as we smile, the sun shining bright in the background, and all is well in the world. Funny how we save the best and brightest posts for Facebook or Instagram.

I wonder, though, how many people know the real us? What we look like in the morning. Or the huge fight we just had with our spouse before we stormed out of the house. Or how much we hurt because we just lost something precious.

We have this human tendency to want to project our best selves, this image of perfection, to others. I get it. I really do. But God knows who we are. He sees our hearts. He sees the deepest parts of us. After all, He knew us before we were even in our mothers' wombs. But how many of us know who we are, and how many live with that truth as their foundation?

Knowing who we are in Christ takes the guesswork out of figuring it out on our own. When we are secure in the truth, we

SHAKEN BIBLE STUDY

don't have to depend on things like wins, accomplishments, beauty, money, or even our failures to define who we are. Our identity depends on God. It is based in Him because we were created by Love, in love, and for love.

Living from this truth is critical when bad times come. What do we hold on to when our world gets shaken? When the deal goes sour? When the diagnosis doesn't look good? When the future is unknown? But when we live from a place of depth, knowing whose we are, we can tackle all the emotions, like the fear, doubt, confusion, and anger that accompany trials. And more than that, we can use our stories, our skills, our talents, even those things that we think are imperfections to impact one person or many for Jesus.

I want to invite you on an adventure to live a life of purpose, passion, and meaning based on who you are in Jesus Christ. As you work through this study guide, my hope is that you will

- discover that your identity is found in Christ alone and that that foundation cannot be shaken,
- learn to endure hard times knowing that God has a plan for you,
- be challenged to live in line with your deepest, most heartfelt beliefs,
- understand the power of serving and connecting with others in meaningful ways, and
- engage in self-discovery as you figure out what matters most in light of eternity.

A NOTE FROM TIM

I admit I don't know all the answers. The faith journey is a perpetual wheel in motion where we grow, learn, and are stretched day after day. But my hope for you is that this Bible study will deepen your relationship with God and help you reach others in ways that leave a lasting imprint.

How to Use This Guide

Whether you're a new Christian or a seasoned one, whether you work through this book with a small group or on your own, this study guide is designed to help you deepen your faith, learn about yourself (and others), and be encouraged to live a life that matters.

The study is divided into four sessions, and each session opens with a big idea; offers a set of in-depth discussion questions drawn from the DVD teaching, the Bible, and my book *Shaken*; and closes with prayer. The “Individual Reflection, Study, and Action” portion is meant for you to study on your own if you are using this guide in a group setting. This is your opportunity to meditate on what you've learned and apply it to your life in a practical way. Finally, I share a prayer from me to God on your behalf. As I was working on this study guide, I thought about you. I prayed for you. And I believe God will show you just how much He loves you and will remind you that He's got an awesome plan for your life. This is true, even if what you're going through looks a lot different than what you had planned or expected.

SHAKEN BIBLE STUDY

What do you need before you dive in? Though the Scripture portions to be discussed are included in this guide (New American Standard Bible version), you might want to have a Bible or a Bible app handy so you can look them up in the translation of your choice. And while space is provided for you to jot down notes, consider using a journal or digital device for additional writing. While you can certainly work through this guide without reading my book, you'll maximize your experience if you do.

If you're reading *Shaken* for the first time, follow the schedule below to coordinate with this study guide:

- Before session 1, read *Shaken* chapters 1 and 2.
- Before session 2, read chapters 3, 4, and 5.
- Before session 3, read chapters 6 and 7.
- Before session 4, read chapters 8, 9, and 10.

I'm excited to see what God is going to do in your life!

“It’s tempting to define ourselves or to measure our worth by the external—by how much money we have, by how we look, by the applause of others. The list is long. Think about this. Who are you when everything is going great—when the money is in the bank, when your home life is peaceful, when your future seems certain? And who are you when your world is shaken—when your bank account is overdrawn, when your relationship is on the fritz, when you haven’t a clue what tomorrow holds? Sometimes it takes a challenging time to really find out.”

—from *Shaken*

SESSION

1

WHO ARE YOU?

BIG IDEA for This Session

We should never let others, material stuff, or circumstances tell us who we are; we should always be defined by our identity in Jesus Christ.

The world does not define you, but it certainly does try to. And often, we let it.

One day we fall into the trap of believing who we are has everything to do with our job, our impressive résumé, our good-looking spouse, the amount of money we have in our bank account, the framed degrees on our wall, or a championship run. And the next, the world mercilessly drags away and destroys everything it once made us believe defined our identity. We get fired and struggle for months to find another job. We experience a failure that overshadows our past triumphs or accolades. We file for bankruptcy. We lose the game. We lose the house. We lose a loved one.

And when our world is shaken to such a degree, we're left wondering, *Who am I?*

This is more than just a philosophical question. Know this: *the world doesn't get to define us, because God already did.* We were created by Love, in love, and for love. If we know Jesus, we are His children. Knowing who we are in Christ and being rooted in that identity breathes life into us. It energizes us. It changes us. It gives us purpose. It gives us meaning. It makes us able to handle whatever

SHAKEN BIBLE STUDY

doubt, crisis, or negativity comes our way. When we stop striving to let the world, our friends, our neighbors, or society define who we are and instead start living as children of the King of kings, we can live at our best.

Because our identity is secure, we don't have to ride the roller coaster of life. We don't have to live up in the highs or down in the lows. No matter what happens, we can live with confidence knowing we stand on a sure foundation.

GETTING STARTED

In what ways or by what measures have you defined your identity over the years?

SESSION 1 VIDEO: WHO ARE YOU?

In this video segment I talk about the source of our identity, Jesus Christ. When we know whose we are, we understand that we each have purpose and we each matter. When we give God whatever we have to offer, amazing things can happen!

Watch Video Session 1. While viewing the video, use the spaces below to record key ideas or any thoughts you want to remember.

Video Teaching Notes

It's not about who you are; it's about whose you are.

We are God's poem, created with a purpose.

SESSION 1: WHO ARE YOU?

The multitude is fed with five loaves and two fish—with twelve baskets of leftovers!

Jesus is not *just* enough; He is always *more* than enough.

God used a Scripture reference painted on eye black to do something amazing. God wants to perform miracles in you and through you too.

TALK ABOUT IT

1. Here are some common ways that people define their identity:

- a family role like mother, father, husband, wife, son, daughter
- a job or career like coach, teacher, entrepreneur, student, business owner, consultant
- a talent or skill like athlete, musician, writer, graphic designer, actor, artist

You may define yourself in one or several ways. But out of all the possibilities, what would you say are one or two of the more important ways you define your identity?

2. Here's a verse from the Bible that tells how we were made "in the image of God":

SHAKEN BIBLE STUDY

Then God said, “Let Us make man in Our image, according to Our likeness; and let them rule over the fish of the sea and over the birds of the sky and over the cattle and over all the earth, and over every creeping thing that creeps on the earth.”

God created man in His own image, in the image of God He created him; male and female He created them. (Genesis 1:26–27)

What does this mean to you as it concerns living in the “real world”?

3. Think about the times you have disliked something about yourself or doubted your abilities. Do you think that in those times you were, in a way, telling God that He didn’t know what He was doing when He made you in His image? Why or why not?

SESSION 1: WHO ARE YOU?

4. Here's another amazing Bible passage:

For You formed my inward parts;
You wove me in my mother's womb.
I will give thanks to You, for I am fearfully and
wonderfully made;
Wonderful are Your works,
And my soul knows it very well.
(Psalm 139:13–14)

What factors in your life make it easier to believe that you are “fearfully and wonderfully made”? What makes it difficult to believe that phrase?

5. What would your confidence level be if you believed wholeheartedly that you are made in His image?

SHAKEN BIBLE STUDY

10. Describe a time when God was at work in your life and you didn't even realize it.

WRAP UP

Today we have learned how important our identity in Christ is in accomplishing the purpose God has for our lives. Let's close our time together in prayer. Here are some ideas from this session that can guide our conversation with God:

- Thank God for your being created in His image, for His divine thumbprint on your life.
- Ask the Holy Spirit to remind you in times of doubt or confusion of your identity in Christ and the plan and purpose He has for you.
- Ask God to open your eyes to how you can live in a new way and change your heart, not trusting what the world says but what He says.
- Pray for God to reveal opportunities where He can use you to change the life of one person or the lives of many.

SESSION 1: WHO ARE YOU?

tears falling down his cheeks like a waterfall, his tiny body shaking from fear. Picture his mother rushing to his bedside to scoop the child up and console him in her loving arms. Picture the child wrapping his arms around her, nestling his head into the crook of her neck. As the tears continue to fall, he holds on for dear life, never wanting to let go, trusting in her soft words of comfort that everything is okay. This is what it means to cling.

There are many instances in the Bible where we are encouraged to “cling,” or hold fast, to God (see Deuteronomy 10:20; 13:4; Joshua 23:8; 2 Kings 18:6; Psalm 63:8; 119:31; Jeremiah 13:11). One way you can cling to God is by knowing and believing what He says in His Word about you. You might want to memorize these verses so that in a pressure moment you won’t forget who you *really* are:

For we are His workmanship, created in Christ
Jesus for good works, which God prepared
beforehand so that we would walk in them.
(Ephesians 2:10)

For You formed my inward parts;
You wove me in my mother’s womb.

SHAKEN BIBLE STUDY

I will give thanks to You, for I am fearfully and
wonderfully made;
Wonderful are Your works,
And my soul knows it very well. (Psalm
139:13–14)

Tell yourself over and over:

- “I am created for a reason.”
- “I am created in the image of God.”
- “God’s got a good plan for me.”

When you are rooted in what He says, you can live
confidently because you know these things:

- He loves you, no matter what.
- He has a purpose for you, no matter what.
- He can use you, no matter what.

Knowing and living these truths will change your
life.

SESSION 1: WHO ARE YOU?

MY PRAYER FOR YOU

Dear Jesus, I thank You for the person reading this book right now. Please reveal to them how special and important they are. Remind them that they are created on purpose by Love, in love, and for love. If they're in the midst of a personal storm, I pray that You will tell them in their hearts that You have an amazing plan in store, no matter what they are going through. Give them strength and wisdom to trust Your purpose for their life. Make them more aware of the platform You have given them, and help them to walk through each day with confidence because they belong to You. In Your name, amen.

PREPARE FOR THE NEXT SESSION

Before the group meets again, read chapters 3, 4, and 5 in *Shaken*.

“When who you are is grounded in whose you are, you realize it doesn’t matter what life throws your way. When your world starts to shake or fall apart, you can lean into Him for security, for safety. You can get through even the toughest of circumstances because God is on your side. He loves you more than you know. And He’s got everything under control more than you know. He’s got plans for you. Awesome plans! You and God are unstoppable!”

—from *Shaken*

Continue Reading
SHAKEN BIBLE STUDY.
Order your copy today.

BUY NOW

Buy the ebook to continue reading now!

amazonkindle

nook

Googlebooks

iBooks



WATERBROOK